TIP FOR MEASURING YOUR DRINK:

- Use the lines on your cup!

~12 oz Beer

~5 oz Wine

~1 oz Liquor

For more information or support, reach out to Counseling, Health, & Wellness!

For Additional Educational Information or to Request Programming...
Email wellness@suffolk.edu

For an Appointment with Counseling or Health...
Call 617-573-8226
or visit CHW at 73 Tremont St, 5th Floor. Office Hours are M-Th 9am-6pm & F 9am-5pm.

For Emergencies After Hours or on the Weekend...
On-campus call 617-573-8111 for Suffolk Police.
Off-campus call 911.
**WHAT IS "ONE" DRINK?**

In the US, a standard drink is one that contains about 14 Grams of pure alcohol (that’s 1 tablespoon!)

- 1.5 ounces (1 shot glass) of distilled spirits (with 40% alcohol content)
- 12 ounces (about 1 pint glass) of beer (with 5% alcohol content)
- 5 ounces (about 2/3 of a cup) of wine (with 12% alcohol content)

*National Institute on Alcohol Abuse and Alcoholism

**RATES & STATISTICS:**

- 86% of Suffolk 1st years are NOT heavy or problematic drinkers.
- 90% of Suffolk 1st years have never driven while intoxicated.
- 58% of Suffolk 1st years identify as non drinkers or abstainees from alcohol.

*SU Everfi 2016 Polling Data

**TIPS FOR REFUSING A DRINK:**

- "No thanks." (no explanation needed!)
- "Not right now, thanks. Maybe a little later?"
- "No, thanks. I’m taking a medication I can’t drink on."
- "No thanks, I just finished one."
- "Thanks, but I can’t, I’m driving tonight."
- "No thanks, I have to get up early."

**SAFE DRINKING TIPS:**

- Know your limit & plan ahead
- Eat food before & while you drink
- Sip your drink (slow down)
- Don't leave your drink unattended
- Skip a drink now & then or substitute with a non-alcoholic drink
- Be certain of what you are drinking
- Do not mix alcohol with other drugs
- Keep track of how many drinks you are having
- Travel in groups
- Avoid drinking games & shots