

HIGHER EDUCATION

An Informational Newsletter

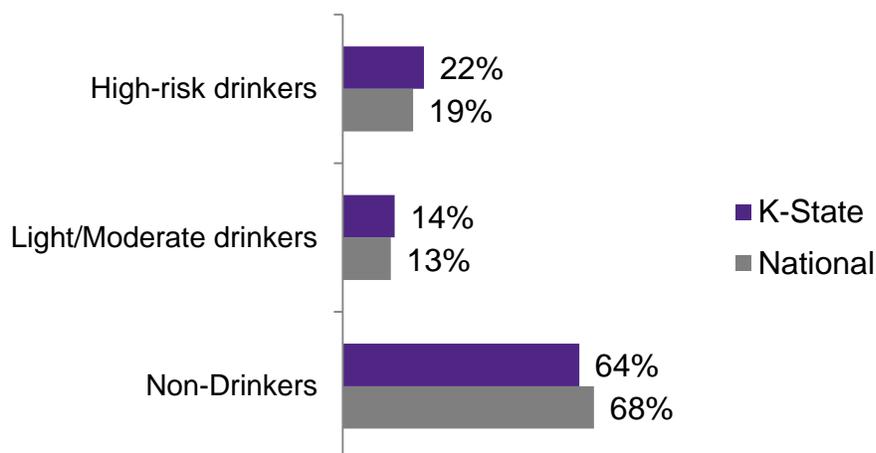
KSU Alcohol and Other Drug Education Service

Safe Drinking Tips

Faculty and staff must face the reality that students are likely to engage in high risk drinking with classes back in session and the start of football season. It is in the best interest of the student to abstain from drinking or to drink in moderation when they are of age. We hope that we can give you some practical tips that you can share with students about how to be safe if they do choose to drink.

Data collected in 2012 with regards to the drinking rates of incoming (**prior** to their arrival on campus) Kansas State students showed the following:

- **Non-drinkers:** 0 drinks in the past two weeks
- **Light/Moderate drinkers:** 1-3 drinks for women; 1-4 drinks for men on at least one occasion in the past two weeks
- **High-risk drinkers:** 4 or more drinks for women; 5 or more drinks for men on at least one occasion in the past two weeks (includes problematic drinkers – 8 or more drinks for women; 10 or more drinks for men)



The data informs us that incoming K-State students engage in more high-risk drinking behaviors (e.g. doing shots, “pre-gaming,” binge drinking) than the national average.

Here are some useful tips to help K-State students engage in safe drinking behaviors.

- 1.) Have a plan of how you will get home before you go out
- 2.) Know your limit
- 3.) Know what is in your cup: be aware of what you are putting in your body
- 4.) Be cautious when drinking alcohol while you are on medication: check with a physician before you plan on drinking.
- 5.) Accept a drink only when you want one
- 6.) Eat food while you drink: high protein foods such as peanuts will help slow down your body's absorption of alcohol
- 7.) 21 and over? Do not buy alcohol for your underage friends and do not serve them alcohol at your party (either can result in legal consequences).

The following steps are recommended in order to maintain safe and healthy drinking:

- Do not leave your drink unattended and do not accept drinks from a stranger
- Avoid drinking games
- Space out drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Keep track of how many drinks you have consumed
- Set a limit of alcoholic drinks before you begin drinking
- Volunteer to be the sober driver
- Drink slowly; sip drinks
- Avoid shots/hard liquor
- Hold a non-alcoholic cup/beverage instead of consuming alcohol
- Have a plan for saying "no" when offered alcohol
- Decide which days you will not drink alcohol
- Arrive at the party late and leave early
- Spend time with friends who do not drink alcohol
- Participate in non-drinking events (http://www.k-state.edu/upc/Event_Calendar.html)
- Set a limit on the amount of money you will spend and leave your debit/credit card at home
- Only drink at the party skip "pregaming"
- Pay attention to serving sizes

RESOURCES

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The intent of Higher Education is to provide accurate, timely information representing the current state of alcohol/drug knowledge. Keep in mind that research on these matters continues daily and is subject to change. It is our intention to keep you informed, not to diagnose or treat illness. For personal alcohol and other drug problems, please consult your physician or counselor.

If you would like to have a version of this newsletter printed for your office or your students please contact Counseling Services and we would be happy to accommodate you. Thanks!