

# the **RED CUP** Q&A



**separating alcohol fact from fiction**  
EVERY TUESDAY IN THE DAILY WILDCAT

## **Q** Why do some people choose not to drink alcohol?

**A.** To drink or not is a personal choice. Some choose not to drink for religious reasons while others are concerned about their family history of alcohol-related problems, abuse or dependency issues. There are those who don't like the taste or potential consequences. Most people understand that not consuming alcohol moderately may interfere with healthy decision making and relationships. According to the 2010 UA Health & Wellness Survey only 14% of UA undergrads drink heavily while most students drink moderately or not at all. The same survey revealed that 33% of UA men and 44% of UA women did not even drink weekly.

Most students, especially those who drink heavily, are quick to believe that everyone else drinks even more than they do. However, most people actually drink less. In a University of Texas study, average students guessed that 43% of students drank more than they did. Yet, the actual percentage was only 17% of students drank more. Right here at the UA, 75% of students drink only 25% of the alcohol.

## **Q** What are cool ways or things we can do in college to have fun without drinking?

**A.** The answer is simple: **PLAY!** So, play often and play fairly. Contentment and joy seem to be directly related to our successful relations with others. Laugh, dance, and have fun by being connected to and engaged in people and activities. Be smartly fearless, self-assured and don't think you have to conform to the myth or pressure that you need to drink to have fun. Peer pressure doesn't stop right after high school. You can make your own personal choices. The exciting thing about being at the UA is that there are so many fun things to do on and close by campus. Find your bliss, your capacity for joyous fun, and most important of all, others to share it with you.



**wildfact**

To find over 300 ASUA student clubs and organizations, visit [asua.arizona.edu/colist.htm](http://asua.arizona.edu/colist.htm)



**Got a question about alcohol?**

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)

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