

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why do people who drink always want people who aren't drinking to drink with them?

A. Alcohol drinkers probably prefer to be surrounded by other drinkers because:

It normalizes alcohol consumption. Most of us want to fit in – not stand out – from the crowd. If that guy/girl over there isn't downing a red cup or shot, it causes a drinker to question his/her own actions. The drinker wonders silently, "Why aren't those people drinking? Hmmm? Is there something wrong with them, or is it me?"

Parties are fun! People who drink are usually out for a good time. They want to enjoy the party and think that it will be a lot more entertaining if others drink along with them. Alcohol lowers people's inhibitions and gives them an excuse to let loose and relax... or get wild! Drinkers tend to laugh more, talk louder, act sillier/crazier. Non-drinkers can have fun without alcohol, but drinkers tend to perceive that the fun is in the drink.

It gives people an excuse for the bad things that happen.

People who may be problem drinkers and suffer consequences from drinking too much often blame others for their hangovers, blackouts, vomiting, fights, injuries, regretted sex, etc. "Everyone was so drunk!" While pointing fingers at others' drinking isn't rational and won't make the bad stuff disappear, any excuse may feel better than looking in the mirror and putting the blame where it belongs.

Sharing is caring. Sharing a six-pack, or a favorite mixed drink recipe can be a bonding experience. Remember the Three Musketeers cry? "One for all and all for one!" And if the drinker persuades others to join in, it can be an ego booster. So, in order to be "in the same boat" everyone needs to drink, right? Maybe not. The person sipping a soda may have good reason not to join the drinker. DD? In recovery? Work or exam the next morning? Do the right thing and don't pressure others to drink.



wildfact

When going out with friends, 70% of UA students prefer to be around people who drink moderately and stay in control. (2012 Health & Wellness Survey, n=2,406)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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