

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

71% of UA students party one night a week or less. When they party, 60% have 0-4 drinks. (2015 Health & Wellness Survey, n=2,705)

How do I control my drinking at a party?

College will give you more than a few opportunities to meet new people and celebrate in the company of friends. When alcohol is part of the mix, savvy drinkers know how to get the most out of their night out, without sacrificing their good name or the rest of their weekend (think hangovers and regrets). Yes, there will be those who want you to overdrink, often because that's what they just did. Stick to your game plan anyway. After all, not many people look back and think, "I really should have had more drinks last night."

Here are a few tips to keep you social and in control during the festivities:

Don't Get Derailed – Pre-gaming can run your night off the tracks before the party train even gets going. Avoid shots and handle pulls, my friends.

Focus on the People – Remember, it's all about the humans. Alcohol may be the social

lubricant, but in parties, as in life, it's the connections that count.

Stop at the Buzz – Psst, here's a little secret. Feeling good after a few drinks? Think of that as your body saying "when." It's a far surer way to keep that buzz going than the alternative – piling on more drinks – which is guaranteed to only slow you down.

Stay in the Sweet Spot – Get a blood alcohol content (BAC) app and figure out how many drinks will keep you at or below .05 for a given amount of time. Use that as your limit for the night.

Drink Beer – Drinks with a lower alcohol content can help steer you away from having too much, too fast. Don't forget to down some spacers (water, juice, or soda) along the way to stay hydrated and give your liver a break.

"Yeah, I'm Good" – Pass on a drink by combining equal parts humor and self-confidence. Repeat as needed.

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



CAMPUS HEALTH

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