

The background features several thin, light gray curved lines and dashed lines that sweep across the page. A prominent red speech bubble shape is centered, containing the main text.

**IRRESPONSIBLE VS.
RESPONSIBLE USE
OF ALCOHOL**



BEHAVIORAL INDICATORS

- **DRINKING CONTESTS/GAMES**
- **DRINKING & DRIVING**
- **DRINKING TO GET DRUNK/
INTOXICATION**
- **REPORTING TO WORK DRUNK OR
HUNGOVER**

- **USE OF ALCOHOL WITH OTHER
MEDICATIONS**
- **DRINKING AT INAPPROPRIATE
TIMES & PLACES**
- **DRINKING WHILE PREGNANT**
- **PRE-DRINKING BEFORE A PARTY
OR EVENT**

A red speech bubble with a white outline and a small tail pointing downwards, containing the text 'RESPONSIBLE ALCOHOL USE'. The background features several sets of curved lines, some solid and some dashed, in shades of gray, creating a dynamic, abstract pattern.

RESPONSIBLE ALCOHOL USE

- **ADJUNCT TO AN ACTIVITY RATHER THAN THE PRIMARY FOCUS**
- **PROPER CONDUCT IS MAINTAINED**
- **DOES NOT IMPAIR OR DESTROY RELATIONSHIPS**
- **HARMS NEITHER THE PERSON OR SOCIETY**
- **USE AS A BEVERAGE RATHER THAN AS A DRUG**
- **DRINKING AT A LOW RISK LEVEL : 0-2 DRINKS**

RISKS WITH DAILY DRINKING

- **0 PER DAY:** No known alcohol-related problem
- **UP TO 1-2 PER DAY:** No known increased risk
- **3 PER DAY:** Blood pressure increases. Heart disease increases. Cirrhosis increases for women. Live shorter lives.
- **4 PER DAY:** Cirrhosis increases for men.

RISKS WITH DAILY DRINKING (CONTINUED)

- 5 PER DAY: Pancreatitis increases. Much shorter life span.
- 6 PER DAY: Cancer of mouth, throat, and digestive system increases.

Risks add up. The risks with 6 drinks per day include the risks for 3, 4, and 5 drinks per day.



**RISKS WITH
DRINKING LESS
OFTEN THAN
DAILY**

- **2 OR MORE DRINKS IN ONE HOUR OR LESS:**
 - Increased risk for accidents and other impairment problems
- **4 OR MORE DRINKS ON ANY DAY:**
 - Increased risk for impairment problems
- **5 DRINKS ON EACH OF 4 OR MORE DAYS PER WEEK:**
 - Live shorter life



**RISKS WITH
DRINKING LESS
OFTEN THAN
DAILY**

- **5 DRINKS ON EACH OF 4 OR MORE DAYS PER WEEK (Continued):**
 - Increased social problems
 - This level of drinking plus stress drinking or minor alcohol problems in young adulthood strongly correlates with serious alcohol problems later.



ESTIMATING
BIOLOGICAL RISK
FOR
ALCOHOLISM

- ① Do I have a parent or grandparent with alcoholism?
- ② Do I have a strong family history of alcoholism? (Multiple blood relatives with alcoholism; relatives close in the blood line/ the alcoholism developed fairly rapidly in the relatives)

The background features several sets of curved lines in the corners, some solid and some dashed, creating a modern, abstract design.

ESTIMATING BIOLOGICAL RISK FOR ALCOHOLISM (Continued)

- ③ Did I have an unusual early response to alcohol? (Either an unusually high initial tolerance or an unusual mild flushing with mild discomfort from small amounts of alcohol)
- ④ Have I developed significantly increased tolerance over time? (Can drink significantly more now before becoming impaired than in the beginning)

NO SIGN OF
INCREASED
BIOLOGICAL RISK

Low-Risk Drinking Choices Include:

Abstinence

OR

0-2 drinks if daily

0-3 drinks if less than
daily

AND

- No more than one drink per hour
- Not drinking during major stressful life events

**SOME SIGN OF
INCREASED
BIOLOGICAL RISK**

Recommended Low-Risk Choices

Include:


Abstinence

OR

0-2 drinks, infrequently, never daily

AND

- **No more than one drink per hour**
- **Not drinking during major stressful life events**



STRONG SIGNS
OF INCREASED
BIOLOGICAL RISK

THE ONLY RECOMMENDED LOW-RISK
CHOICE IS ABSTINENCE.
NOT DRINKING AT ALL..

(IF YOU ANSWERED YES TO QUESTION
#2 OR ANY COMBINATION OF TWO
QUESTIONS)

A decorative background featuring several sets of curved lines in solid and dashed grey. A prominent red speech bubble with a white border is positioned on the left side, containing the main title text.

INDIVIDUAL DIFFERENCES THAT MAY INCREASE IMPAIRMENT

AGE

Generally, elderly people and adolescents experience greater impairment from alcohol than middle-aged and young adults

BODY SIZE

As a rule, a small person experiences greater impairment from a given amount of alcohol than a large person. Also, because degree of impairment is related to total body fluid,



INDIVIDUAL
DIFFERENCES THAT
MAY INCREASE
IMPAIRMENT

BODY SIZE (Continued)

if one person has significantly more fatty tissue than another, that person will be more impaired even though both weigh the same and drink the same amount.

GENDER

Women are typically more impaired from the same amount of alcohol than men of the same size.



INDIVIDUAL
DIFFERENCES THAT
MAY INCREASE
IMPAIRMENT

ILLNESS OR TIREDNESS

Someone who is tired, sick, or just getting well experiences greater impairment from alcohol. Fatigue adds greatly to increased risk, especially for shift workers & teens

A red speech bubble with a white border and a white drop shadow, containing white text. The background features several sets of curved lines in solid and dashed grey, radiating from the top-left and bottom-right corners.

INDIVIDUAL DIFFERENCES THAT MAY INCREASE IMPAIRMENT

OTHER DRUGS

This refers to all drugs, legal and illicit. Drinking alcohol while taking any drug can intensify or weaken the effect of the drug. It can also intensify the effect of the alcohol. It is dangerous & can be fatal. Common over-the-counter drugs can significantly increase impairment. Anyone on medication should speak to the doctor or pharmacist about the use of alcohol while taking medication.



INDIVIDUAL
DIFFERENCES THAT
MAY INCREASE
IMPAIRMENT

STOMACH CONTENT

Drinking alcohol with an empty stomach
causes greater impairment

ALTITUDE

Drinking at high altitudes increases
impairment

A red speech bubble with a white border and a white pointer at the bottom, containing the text 'WHAT'S HIGH RISK ABOUT GETTING DRUNK?'. The background features several sets of curved lines in solid and dashed grey, and a small red square in the top right corner.

WHAT'S HIGH RISK ABOUT GETTING DRUNK?

- Getting drunk is high-high risk because it moves people closer to their trigger levels for developing alcoholism. There are three signs that this is actually happening:
 - ① Their tolerance increases with each drunk
 - ② Drinking to cure hangovers
 - ③ They experience memory blackouts

The background features several sets of curved lines in the top-left and bottom-right corners, some solid and some dashed. A prominent red speech bubble is centered on the left side, containing the main title. The text inside the bubble is white and reads: "WHAT'S HIGH RISK ABOUT GETTING DRUNK?".

WHAT'S HIGH RISK ABOUT GETTING DRUNK?

- Getting drunk is high risk because it causes state dependent learning. This means that what we learn or experience while in a state of intoxication we recall best and use most comfortably only when back at that same state of intoxication. If people get drunk often enough as they are learning a social skill, they come to depend on getting back to that same state to use that skill easily.

A red speech bubble with a white outline and a small tail pointing downwards, containing the text 'WHAT'S HIGH RISK ABOUT GETTING DRUNK'. The background features several sets of curved lines in solid and dashed grey, radiating from the top-left and bottom-right corners.

WHAT'S HIGH RISK ABOUT GETTING DRUNK

Getting drunk is high risk because it causes impaired abstract thinking. High-risk quantities have the effect of prematurely aging brain cells. This causes impaired *abstract thinking*, which is required to answer essay questions, read blueprints, learn complicated sports plays, figure out why engines don't work, etc. This can last for up to 30 days after high-risk drinking.



WHAT'S HIGH-RISK ABOUT GETTING DRUNK?

Getting drunk is high-risk because it increases risk for impairment problems. There is a also direct relationship between how much a person drinks and risk for a crash. The more you drink, the greater the risk. For adolescents and women, risk for a crash appears at a lower BAL (.05) than for adult males (.08).

The background features several sets of curved lines in the top-left and bottom-right corners, some solid and some dashed. A prominent red speech bubble is positioned on the left side, containing the main title.

What's Harmful About High-Risk Drinking If You Don't Get Drunk?

Sometimes people with high tolerance or a large build can't see why high-risk quantities would be harmful. If they don't get drunk, what's the problem? But drinking amounts above the low-risk guidelines impairs abstract thinking just like getting drunk does. And high-risk drinking can cause physical damage, even if the person doesn't get drunk.