

# How to be a Smart Host

## Before the Party

- Ask someone to help you if problems arise.
- Provide alcohol-free drinks like coffee, tea, pop, fruit punch and juice, along with alcoholic drinks.
- Be prepared for overnight guests by having blankets, sleeping bags and pillows on hand.

## During the Party

- Limit how much you drink yourself, so you can keep control of things.
- Mix and serve drinks yourself or appoint someone responsible as bartender. Guests tend to drink more when they serve themselves.
- Serve food, but avoid salty, sweet or greasy foods because they make people thirstier.

- Encourage guests to name designated drivers, leave their cars at home, take taxis or public transport, or walk. Keep cash and taxi numbers ready.
- Never serve alcohol to minors.

## End of the Party

- Stop serving alcohol at least **an hour** before the party ends.
- Don't rely on coffee to sober guests up. It only makes them more alert, not sober.

# Risks from Long Term Drinking

**Injuries.** Alcohol is a factor in:

- 60% of fatal burn injuries, drownings, and homicides
- 50% of severe trauma injuries and sexual assaults
- 40% of fatal motor vehicle crashes, suicides, and fatal falls.

**Health problems.** Heavy drinkers have a greater risk of:

- liver disease
- heart disease
- sleep disorders
- depression
- stroke
- bleeding from the stomach
- sexually transmitted infections from unsafe sex
- several types of cancer

They may have problems managing diabetes, high blood pressure, and other conditions.

**Alcohol use disorders.** Alcoholism, alcohol abuse, and alcohol use disorders are medical conditions that doctors can diagnose when a patient's drinking causes distress or harm.



# **Substance Misuse**

**Prevention**

# What is Alcohol?

Depending on how much you drink, alcohol can affect your concentration, speech, balance, vision, coordination and judgment.

The effects of alcohol depend on many factors:

- Gender
- Body size
- How much you usually drink
- How quickly you drink
- Mood
- How much you have eaten
- Past experiences with drinking

# When Drinking Stops – Alcohol's Effects Do Not

## Alcohol's Effects Begin Quickly

- Initially, alcohol acts as a stimulant, making you feel upbeat.
- Soon after, inhibitions and judgment are affected leading to reckless decisions.

## Alcohol's Lasting Effects

- **Alcohol continues to affect the brain and body long after the last drink has been consumed.**
- Even after someone stops drinking, alcohol continues to enter the bloodstream, impairing judgment and coordination for **hours.**

**Brought to you by:**

## **Short Term Effects of Too Much Alcohol**

- Drowsiness
- Dizziness
- Slurred speech
- Loss of coordination skills
- Inability to think and judge clearly
- Inability to estimate distances and decreased reaction times

## **Long Term Effects of Too Much Alcohol**

- The need to drink more to feel the same 'high'
- More money is being spent on alcohol
- Poor appetite, jumpiness, insomnia or sweating when not drinking
- Blackouts when drinking or not remembering drinking
- Bouts of confusion or memory loss

# 5 Tips for Responsible Drinking

## 1. Just say no.

Resist the pressure to drink or serve alcohol at every social event. Just because it's there does not require that you drink it.

## 2. Swap with caffeine-free non-alcoholic beverages.

Don't feel like you have to drink just because your host offers — it's not rude to choose a non-alcoholic beverage instead. If you are drinking, replace your alcoholic drink with a non-alcoholic beverage every **3** hours.

## 3. Designate a driver before the party.

If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.

## 4. Choose your number ahead of time.

If you are going to drink, decide ahead of time how many drinks you will have and stick to it. A blood alcohol content chart can help you understand the relationship between the amount of drinks, blood alcohol content and level of impairment.

## 5. Remember that alcohol is a complement, not the purpose.

Sometimes we lose sight of a holiday celebration or party and see it as a chance to drink socially. While it may be an opportunity, the main purpose of a party is to have fun with people you know.

**Drinking is always an option and optional, and it is as much as a choice as it is a responsibility.**

# How much is a “drink”?

## Recommended Serving Size:

- 12 oz beer
- 5 oz wine or
- 1.5 oz liquor

12 fl oz of  
**regular beer**



about  
5% alcohol

8-9 fl oz of  
**malt liquor**  
(shown in a  
12-oz glass)



about  
7% alcohol

5 fl oz of  
**table wine**



about  
12% alcohol

3-4 oz of  
**fortified wine**  
(sherry or  
port; 3.5 oz  
shown)



about  
17% alcohol

2-3 oz of  
**cordial, liqueur,  
or aperitif**  
(2.5 oz shown)



about  
24% alcohol

1.5 oz of  
**brandy**  
(a single jigger or  
shot)



about  
40% alcohol

1.5 fl oz shot of  
**80-proof spirits**  
(hard liquor)



about  
40% alcohol