
XII BIG TIPS

TO MAKE WINNING CHOICES



TEXAS CHRISTIAN UNIVERSITY

I

Choose not to drink. Socializing and having a good time should be the focus of your event, not alcohol.

II

Eat before you drink. Food helps reduce the rate of alcohol absorption into your blood stream, and alleviates the effects of stomach acid.

III

Drink less. Total body weight and the ratio of body fat to muscle affect the BAC (Blood Alcohol Concentration) level.

IV

Know your personal limit. It is important to set a limit before having any alcohol.

V

Drink in moderation, about one drink per hour ... and don't drink the punch!

VI

Avoid combining alcohol with other substances. Alcohol and over-the-counter or prescription drugs can combine for dangerous effects.

VII

Designate a driver before consuming alcohol.

VIII

Refrain from texting or posting your status when you've been drinking. You may feel differently when you are sober.

IX

Stop serving alcohol at least one hour before a party or activity ends. Time is the only thing that can "sober you up."

X

Watch your beverage, and your friends. Keep each other out of potentially risky circumstances that may lead to violence or unwanted sexual situations.

XI

Recognize the symptoms of alcohol poisoning: unconsciousness, cold and/or clammy skin, breathing less than 8 times per minute, or vomiting.

XII

Drink 4 or fewer alcoholic beverages per occasion if female, and 5 or fewer if male.