

# PARTY SMART WITH ACES

**ACES PRESENTS YOU WITH HEALTHY CHOICES BECAUSE DANGEROUS DRINKING AFFECTS US ALL!**

## 5 THINGS TO WATCH TO PARTY SMART

**1.**

**WATCH** the amount of alcohol being consumed

Mix your own drinks and use standard measures to avoid making drinks too strong. Make sure the bartender does the same, Know how much alcohol is in one standard drink.

1 standard drink equals:  
 12-ounce beer (5% alcohol)  
 5-ounce glass of wine (12% alcohol)  
 1.5-ounce shot of liquor (80 proof)

Remember, if a mixed drink contains two shots (3 ounces) then it is no longer one standard drink – it is two!

**2.**

**WATCH** how many

Women should not consume more than 2-3 alcoholic drinks in one sitting and men not more than 3-4. Also, never drink more than one drink per hour. Drinking more than this could result in a loss of self control, embarrassment, and sexual or physical violence.

## ALCOHOL CONSUMPTION GUIDELINES

**Ride only with a sober driver**  
 Designate a driver before you go to the party and make sure this person stays responsible and does not consume any alcohol.

**Eat shortly before and while you drink alcohol**  
 Food helps to slow absorption of alcohol into the body.

**Alternate alcoholic and non-alcoholic drinks**  
 Use water or fruit juices as “spacers” and healthier alternatives between alcoholic drinks to give your body more time to metabolize the alcohol and decrease the amount of alcohol in your system.

**Be aware of mixing alcohol with carbonated beverages**  
 Carbonation increases the speed in which alcohol is absorbed.

**Do not drink alcohol while taking medication**  
 Both over-the-counter and prescription drugs can have harmful effects when mixed with alcohol. Consult a pharmacist or physician.

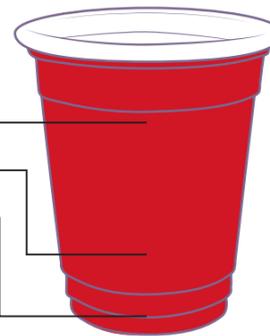
**Consume alcohol slowly**  
 Sip, do not guzzle drinks, and avoid drinking games where a large amount of alcohol is consumed in a short amount of time. Generally, people consume more alcohol when they drink faster or try to play “catch up.” A good guideline is no more than one drink per hour.

**Friends don’t let friends date drunk!**  
 Stick with friends. Go to parties in pairs or in groups. Avoid leaving anyone behind, especially if he or she is intoxicated.

**Do not mix alcohol and caffeine (energy drinks)**  
 Studies have shown that people drink more and are not fully aware of the effects of alcohol.

One drink =  
 12 oz. of Regular Beer.

5 oz. of Table Wine  
 1.5 oz. of 80 Proof Liquor



**3.**

**WATCH** your drink

Leaving your drink unattended increases the risk of tampering.

Remember:  
 Alcohol is the #1 date rape drug!

**4.**

**WATCH** the law

When you are under 21 years old, even if you are being responsible, there are legal and academic consequences to drinking which may include fines, loss of your driver’s license, and required treatment. These penalties may result in a criminal record, and could have an impact on your future career or academic plans. Locally, MIP’s can lead to hundreds of dollars in fines, probation, and even jail time for multiple MIPs.

**5.**

**WATCH** out for each other

Getting sick is one early warning sign of alcohol poisoning. Be ready to step in and help a friend. Even if you are under 21, it is better to call 9-1-1 for help than let something worse happen.

## FUN ALTERNATIVES IF YOU CHOOSE NOT TO DRINK

GVSU and the surrounding community offer many fun opportunities that do not include alcohol.

Cheer on the Lakers at a GVSU sporting event (<http://gvsulakers.com>)

Join a GVSU student organization; there are over 350! ([www.gvsu.edu/studentlife](http://www.gvsu.edu/studentlife))

Join an intramural sports team ([www.gvsu.edu/rec](http://www.gvsu.edu/rec))

Celebrate the Arts and attend a music, dance, or theatre event ([www.gvsu.edu/artscalendar](http://www.gvsu.edu/artscalendar))

Volunteer! ([www.gvsu.edu/service](http://www.gvsu.edu/service))

Host a Mocktail Party - find recipes at [www.gvsu.edu/aces](http://www.gvsu.edu/aces)

Go on a hike and explore the GVSU arboretum

Take the bus ([www.gvsu.edu/bus/](http://www.gvsu.edu/bus/)) and explore downtown Grand Rapids ([www.grnow.com](http://www.grnow.com))

Check out the GVSU Fieldhouse. Take a fitness class or go rock climbing at the Climbing Center ([www.gvsu.edu/fieldhouse](http://www.gvsu.edu/fieldhouse))

Go to a movie off-campus or watch a movie in the Big Screen Theatre in the Kirkhof Center - see campus calendar for show times ([www.gvsu.edu/events](http://www.gvsu.edu/events))

## GUIDELINES FOR HOSTING A PARTY

Do not make drinking alcohol the focus of the party. Discourage drinking games and provide alternate forms of entertainment and non-alcoholic drinks so everyone can be a part of the party.

Be careful who you invite. Invite only people that you know and who are responsible party goers. Remember the larger the number of attendees, the less likely you will be able to keep things under control and know what is happening.

Never provide alcohol to individuals under 21 years of age.

No matter how old you are, if you purchase or furnish alcohol to someone under 21 years old or provide a place for someone under 21 to consume alcohol you can face fines of over \$1000.00 and jail time of up to 60 days.

Monitor the amount of alcohol being consumed. Never provide large, unlimited amounts of alcohol to your guests. For example, avoid “jungle juice” bowls or kegs that are not monitored.

Never allow intoxicated individuals to drive. If someone leaves your party and injures themselves or another person you can be held liable! To avoid this, plan ahead:

1. Before the party begins, decide how you will stop those who try to drive home when intoxicated.
2. Have transportation options; call a cab or have a sober driver take intoxicated individuals home.

Remember it’s your party so you are the one who must be responsible!