

If you choose to drink:

Know your protective factors, or characteristics that are associated with lower risk factors.

Some could be: strong and supportive relationships, involvement in communities (such as faith based or school organizations), self regulation, and opportunities for exploration in work and school.

If you choose to drink: Understand the standard drink sizes and try to keep track of how many drinks you consume.

Binge drinking is defined as 4 or more drinks for biological females and 5 or more drinks for biological males in 2 hours.

Low risk drinking would be defined as no more than 3-4 drinks on any given day.

A single standard drink size equates to about: 12 fl oz of beer (5% alcohol), 8-9 fl oz of malt liquor (7% alcohol), 5 fl oz of table wine (12% alcohol), and 1.5 fl oz of hard liquor (40% alcohol).

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