Drink Responsibly

Consuming alcohol is a huge responsibility, and we hope to give you the tools necessary to make the most responsible decision for yourself. Did you know 20% of Mines students choose not to drink, but students report thinking only 2.5% of students choose not to consume alcohol? That's a big difference! Our goal is for you to treat drinking like the huge responsibility it is and approach it with the right attitude to make an informed decision if you choose to consume. You can have a great time with your friends and consume alcohol in social settings without regretting your actions later. Not only is it important to understand how alcohol can affect your body, it’s also vital you know the law and policies surrounding alcohol use as a Mines student. Consuming alcohol while you are under the legal age can have consequences, which is why we want you to be thoughtful about your decisions. Here are some tips to help you approach alcohol responsibly and safely.

**HAVE A PLAN AND SHARE IT WITH FRIENDS**

*37% of Mines students determine in advance not to exceed a set number of drinks*

Know how much you are comfortable drinking before you go out, share it with your friends, and stick to it.

**DRINK ONE ALCOHOLIC BEVERAGE PER HOUR**

*30% of Mines students reported drinking one or fewer drinks per hour*

An hour is the average time it takes a body to digest and process one alcoholic beverage. While you drink, socialize and mingle so your only focus isn’t the drink in your hand.

**BE MINDFUL ABOUT WHAT YOU’RE DRINKING**

*20% of Mines students don’t drink, and 19% reported never using alcohol*

Do you like the taste? How does it feel as you are consuming? If you’re feeling pressured or like you have to drink to have a good time in any given situation, ask yourself why you’re drinking. It should always be your choice as it is your responsibility.

**DRINK WATER BETWEEN EACH DRINK**

*42% of Mines students alternate between non-alcoholic and alcoholic beverages*

Drinking water will help you stay hydrated and keep you from drinking more than you want to. Drinking water will also help your body process the alcohol.

**EAT SOMETHING SUBSTANTIAL BEFORE YOU DRINK**

*82% of Mines students say they eat before and/or during drinking*

Drinking on an empty stomach is never a good idea and can cause your body to respond negatively to alcohol.

**USE THE BUDDY SYSTEM**

*89% of Mines students stay with the same group of friends while drinking*

If you go somewhere with friends, plan to leave with them. Know where they are throughout the night so you can each hold each other accountable as well as lookout for each other.

**KNOW WHAT YOU’RE DRINKING AND HOW MUCH**

*70% of Mines students keep track of how many drinks are being consumed*

Avoid punches or any drink not made in front of you. Do your best to measure your portions and know how many servings you’re consuming. Know the serving sizes for beer, wine, and hard alcohol (12oz for beer, 5oz for wine, 1.5 oz for hard alcohol).