

## TRY TO AVOID

Drinking regularly to cope with negative moods or as a major form of recreation.

Driving after drinking, or riding in a vehicle with someone who's been drinking.

Trying to keep up with your friends who drink more or more often than you do.

Getting drunk before early adulthood increases the risk of dependence.

## DID YOU KNOW?

Men and women absorb alcohol differently. **Women have less fluid in their bodies to dilute** alcohol, and less of an enzyme that breaks down alcohol. So women feel more of the effects, and for a longer time, than men who drink the same amount.

## IF SOMEONE PASSES OUT OR OVERDOSES ON ALCOHOL

- Roll the person on their side (so they won't choke if they throw up).
- Call out for help—stay with the person who's in trouble.
- Call (or get someone else to call) 911.
- Tell paramedics as much as you can.

## GETTING HELP

### Algonquin College Resources

**The AC Umbrella Project:**  
[algonquincollege.com/umbrellaproject](http://algonquincollege.com/umbrellaproject)

**Counselling Services:**  
CONFIDENTIAL, non-judgmental, free counselling for students.  
613.727.4723 ext. 7200  
[algonquincollege.com/counselling](http://algonquincollege.com/counselling)

**Mamidosewin Counselling Services:**  
CONFIDENTIAL, non-judgmental free counselling with an Aboriginal Counsellor.  
613.727.4723 ext. 7186  
[algonquincollege.com/mamidosewin](http://algonquincollege.com/mamidosewin)

**Health Services:**  
613.727.4723 ext.7222  
[algonquincollege.com/healthservices](http://algonquincollege.com/healthservices)

### Community Resources

**Rideauwood Addictions and Family Services:**  
613.724.4881 | [rideauwood.org](http://rideauwood.org)

**Ottawa Addictions Access and Referral Services:**  
613.241.5202

**Centre for Addiction and Mental Health:**  
[camh.ca](http://camh.ca)

**The Drug and Alcohol Helpline:**  
1.800.565.8603 (Toll Free)  
[drugandalcoholhelpline.ca](http://drugandalcoholhelpline.ca)

# ALGONQUIN COLLEGE

Inspired By:

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Umbrella  
Project



# SAFER DRINKING

BEER, WINE AND SPIRITS



**REDUCE YOUR RISK  
OF PROBLEMS RELATED TO  
DRINKING TOO MUCH, TOO OFTEN  
OR IN RISKY ENVIRONMENTS**

## YOU AND SAFER DRINKING

When you enjoy alcohol, it can be easy to get into a routine of drinking too much, too often or in risky environments. Here are some simple things you can do to reduce your risk of harm from alcohol.

### BEFORE YOU START...

#### **Be clear about why you want to drink**

Is it going to help you in some way or make things worse?

**Eat something** Food reduces the speed at which your body absorbs alcohol. This can help prevent blackouts.

**Know the strength of your alcohol** Look on the label for the percentage of alcohol.

**Set limits on how much you're going to drink** Commit to sticking to your plan.

### WHILE DRINKING...

**Measure and keep track of your drinks** This will help you avoid drinking more than you wanted.

**Drink slowly** Alternate drinks with water or other non-alcoholic beverages to avoid drinking too much.

**Stay in the company of trusted friends** That way, you won't have to cope alone if something goes wrong.

## WHEN GOING OUT...

#### **Choose drinking places with care**

Find places you feel comfortable. It's best to have a buddy so you can take care of each other.

#### **Plan a safe way to get home before you even get to your destination**

Downloading uber/lyft, and keeping your phone charged are great ways to ensure you get home safely.

#### **Avoid getting drunk in public**

Try to stay within the national low-risk alcohol drinking guidelines of 4 drinks for men, 3 drinks for women, on any one occasion. Drinking over these limits can put you at risk of blacking out or being too intoxicated. When you're impaired, your ability to make choices changes, and sometimes we make decisions we would not have made while sober.

### ONE STANDARD DRINK IS:

**Beer** 350 ml (12 oz) at 5% alcohol

**Wine** 150 ml (5 oz) at 12% alcohol

**Spirits** 40 ml (1.5 oz) at 40% alcohol



## IF YOU'RE PLANNING TO DRINK A LOT...

#### **Drink with a buddy in a safe place**

It may be best to stay at home.

#### **Stick to one substance at a time**

Alcohol can magnify the effects of cannabis and some other drugs in unpredictable ways.

#### **Stay away from the steering wheel**

Stay where you are or make plans to get around by bus, lyft/uber, taxi, or ride with someone who hasn't been drinking.

#### **Wasted sex is risky**

It's best to avoid having sex with an unknown partner while intoxicated. Consider exchanging numbers and hook up at a later date instead.

## WHEN "NO ALCOHOL" IS HELPFUL...

- Driving or operating machinery
- Needing to be alert, like at work or school
- Using other drugs, including medications
- Pregnant or breastfeeding
- Experiencing health problems (mental or physical)

## TO REDUCE LONG-TERM HEALTH RISKS...

**Avoid daily or almost-daily drinking** Keep one or two days per week alcohol-free, and have no more than 15 drinks per week if you're a man, 10 per week if you're a woman.