



Guide to Safer Alcohol Use

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



Alcohol and University

While alcohol is part of some student's university experience, it isn't part of everyone's.

1 in 5

U of M students choose not to drink! You won't be the odd one out if you aren't involved with alcohol.*

If you want to go to an event that involves alcohol but you don't want to drink, consider offering to DD! This way you'll still be involved and will be held accountable for not drinking.

If your friends pressure you to drink, reconsider this friendship. You deserve to have friends who respect your boundaries. Have a conversation with them about it, and if they still don't respect you, consider finding new friends.



*Data from spring 2019 NCHA survey

What counts as one drink?



Wine (12%)

142 mL or 5 oz.



Distilled alcohol (40%) (rye, vodka, rum, gin, etc.)

43 mL or 1.5 oz.



Beer (5%)

341 mL or 12 oz.



Cider/Cooler (5%)

341 mL or 12 oz.

Going out?

If alcohol is involved in your plans, here are some tips to stay as safe as possible.

- Plan your ride home before going anywhere.
- Bring your own alcohol if you're not going somewhere that sells it (i.e. someone's house or a bonfire).
- If you're offered a drink you didn't see poured, decline. If someone wants to buy you a drink, go up to the bar with them and take the drink directly from the bartender.
- Keep your drink with you at all times.
- Alternate every alcoholic drink with a non-alcoholic and non-caffeinated one.
- Remember to eat throughout.
- Keep track of how many drinks you've had. Your tolerance won't be the same every time you drink, but you can have a rough idea of how many is too many.
- Have no more than 2 drinks in 3 hours.
- Some medications interact dangerously with alcohol - talk to your Pharmacist before drinking.
- If you're at a bar, note where the security guards are in case you need them later.



Alcohol poisoning

While it may seem like a normal part of partying, alcohol poisoning can be very dangerous. If you or a friend starts feeling unwell, it's time to stop drinking alcohol - more drinks may distract you for the mean time but it'll just make things worse. Get this person somewhere safe - either home or to medical care if needed.

Encourage the person to drink as much water as they can. If they can eat, foods like bread are great because they soak up the alcohol in your stomach (so it won't be absorbed as quickly).

If the person passes out, make sure you roll them onto their side and stay with them. Don't try to feed them anything if they aren't awake.

When to call 911:

- If the person's breathing is irregular or they aren't breathing at all
- If they are passed out and still vomiting
- If you can't find a pulse
- If they're turning blue
- If they don't respond when you pinch them
- If you're concerned that no one is sober enough to help them.

The next day, the person will need to drink lots of water as well as eat some foods that contain sugar (your liver is too busy dealing with the alcohol to maintain your sugar levels for you).

Give your body a break from alcohol for a while - drinking more to cure a hangover is a myth and can add to the damage.

Where to get help

Healthy U*

To talk to a peer health educator, visit 474 UMSU University Centre. Office hours can be found at facebook.com/healthyumanitoba.

Student Counselling Centre: 474 UMSU University Centre*

If you are looking for someone to talk to regarding the effects of cannabis use on your mental, emotional, or social health, consider visiting the Student Counselling Centre on campus. Website: <http://umanitoba.ca/student-supports/counselling-resources-students>

University Health Services: 104 UMSU University Centre*

For health concerns related to alcohol use, make an appointment at University Health Services or with your family doctor. Website: <http://umanitoba.ca/student-supports/health-wellness/university-health-service>

Addictions Foundation of Manitoba: 1031 Portage Avenue

If you are seeking help for an addiction or substance use problem, consider meeting with an AFM counsellor at the Student Counselling Centre. You can also visit AFM's website at afm.mb.ca for a list of services and contact numbers.

*There are no in-person services at the University of Manitoba currently. Check the relevant websites for remote services and updates.

AUDIT ALCOHOL SCREENING TOOL

1 unit is typically:

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)

UNIT GUIDE



The following drinks have more than one unit:

A pint of regular beer, lager or cider, a pint of strong /premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 175ml glass of wine (12%)



Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring: 0 – 7 Lower risk, 8 – 15 Increasing risk, 16 – 19 Higher risk, 20+ Possible dependence

