PARTY ANIMALS? 
The Real Story at UNH

UNH MYTHS

College is the time to party. UNH is a party school. Everyone drinks every weekend. Everyone drinks to get drunk.

UNH REALITY

UNH STUDENTS REPORT:
- 51.6% drink 🍷🍷🍷🍷 or fewer alcoholic drinks/week
- 21.6% don’t typically consume alcohol weekly
- 13.3% didn’t drink in the last year

MAJORITY OF UNH STUDENTS:
- Limit partying with alcohol to 0-1 times/week
- Don’t experience negative consequences from their use of alcohol

FACT: 
Students drink less as they progress through college.
Q. How much alcohol do you typically consume when you drink?

A. The concept of a “standard drink” will help you calculate how much alcohol is in the beverages you are consuming.

### A STANDARD DRINK....

<table>
<thead>
<tr>
<th>Beverage Type</th>
<th>Alcohol Content</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounces of regular beer</td>
<td>About 5% alcohol</td>
<td>![Beer Image]</td>
</tr>
<tr>
<td>Natural Ice, Coors Light, Bud Light</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not including some craft/microbeers. *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-9 ounces of malt liquor</td>
<td>About 7% alcohol</td>
<td>![Lemonade Image]</td>
</tr>
<tr>
<td>Spiked seltzers, hard lemonades, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Shown in a 12 oz, glass)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 ounces of wine</td>
<td>About 12% alcohol</td>
<td>![Wine Glass Image]</td>
</tr>
<tr>
<td>1.5 ounce shot of 80-proof liquor</td>
<td>About 40% alcohol</td>
<td>![Liquor Image]</td>
</tr>
<tr>
<td>Vodka, tequila, rum, whiskey, gin, etc.</td>
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</tr>
</tbody>
</table>

*The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage. Read labels carefully on microbrews and malt liquor because the amount of pure alcohol varies widely.

Just 1 standard drink will raise your blood alcohol concentration (BAC). Your body can only process 1 standard drink/hour.
DRINKING, IT’S YOUR CHOICE.

WE ASKED UNH STUDENTS...

Q. What are the DESIRABLE THINGS about drinking at UNH?

A. Some UNH students LIKE DRINKING because they experience desirable things such as...

- Being social with friends and meet new people
- Having a good time
- Relaxing and feeling good
- Feeling more confident
- Creating UNH memories
- Relieving stress

Notice anything? You can do all these things without alcohol. Just sayin’.

Q. What are the UNDESIRABLE THINGS about drinking at UNH?

A. Some UNH students DON’T LIKE DRINKING because they experience undesirable things such as...

- Hangovers
- Blackouts/memory loss
- Injury to self or others
- Unprotected sex
- Getting into trouble with UNH or police
- Fights with friends, strangers, partners
- Regrettable decisions
- Throwing up, alcohol overdose
- Spending too much money on alcohol
- Missing classes or getting bad grades

IF YOU DRINK, TRY THESE TIPS.

- **Keep track** of how much you drink by counting your “standard drinks.”
- **Set your own limits** of how much you want to drink, and stick to it.
- **Don’t chug.** Don’t drink too much, too fast. This will help avoid hangovers and blackouts.
- **Experiment with drinking less and refusing drinks.** Know what you are going to say to refuse a drink.
- **Eating before and while drinking** helps slow down the pace at which alcohol is absorbed in the body.
- **Be cautious when drinking hard liquor or mixed drinks.** Don’t accept drinks from others.
- **Avoid drinking games or playing “catchup”** to your friends.
- **Alternate alcohol drinks with nonalcoholic drinks** and space your drinks out over time.
- **Don’t use alcohol with stimulants**, such as Red Bull. The mix can lead to increased intoxication.
HELPING...  
ALCOHOL EMERGENCIES

ALCOHOL OVERDOSE  
THE SIGNS AREN’T ON THE LABEL.

GET HELP  
Never assume your friend is “sleeping it off.” It could be alcohol overdose and it could be fatal.

1) Call 911

2) Send someone to get the RHD/RA

3) Stay with your friend until help arrives

Health & Wellness