

# ALCOHOL USE

**ALCOHOL** is a drug that slows down parts of your brain. Drinking alcohol can make you feel more relaxed. It can also make it harder to think clearly, make good decisions and do various tasks. **BINGE DRINKING** is having many drinks on one occasion: five or more drinks for a male, or four or more drinks for a female. These rules apply for wine, beer and liquor.

## WHAT'S HAPPENING HERE:

### DO AS YOUR FELLOW STUDENTS DO...

- 1 IN 5 STUDENTS IDENTIFIED THAT THEY DO NOT DRINK ALCOHOL
- 1 IN 4 STUDENTS CHOOSE NOT TO DRINK ALCOHOL WHEN THEY SOCIALIZE OR PARTY

85%

use a designated driver when they party

85%

keep track of how much they're drinking

61%

choose to avoid drinking games

## SPOTLIGHT ON ALCOHOL USE

- ▶ Excessive use of alcohol can impact your mental health and the success of your interpersonal relationships.
- ▶ Alcohol shortens your attention span for up to 48 hours after drinking, affecting your ability to learn and work effectively, which can eventually lead to poor grades.
- ▶ Drinking may decrease arousal and sexual response, which can impact how much pleasure you experience from sex with a consensual partner.
- ▶ Drinking can also affect athletic performance because it dehydrates you and reduces stamina.

## ALCOHOL USE RESOURCES

### ON CAMPUS:

- Addictions Foundation of Manitoba Community Support Worker  
c/o Student Counselling Centre, 474 UMSU University Centre, 204-474-8592
- University Health Service, 104 UMSU University Centre: 204-474-8411
- Health and Wellness Office: 469 UMSU University Centre
- Healthy U: [umanitoba.ca/student/health-wellness/healthyu](http://umanitoba.ca/student/health-wellness/healthyu)

### OFF CAMPUS:

- Manitoba Addictions Helpline: Toll-free 1-855-662-6605
- Addictions Foundation of Manitoba:  
General Inquiries 204-944-6200, Toll-free 1-866-638-2561

### ONLINE:

- Canadian center on substance abuse – drinking guidelines and supports: [ccsa.ca](http://ccsa.ca)
- Free apps: **Arrive alive** and **SaferRide**

\*Data compiled from spring 2016 NCHA survey.

Source: Canada's Low-Risk Alcohol Drinking Guidelines: Canadian Centre on Substance Use and Addiction, 2017.  
Additional sources and references are available at: [umanitoba.ca/student/health-wellness/ncha-sources.html](http://umanitoba.ca/student/health-wellness/ncha-sources.html)

## TAKE ACTION

- ▶ Visit the AFM community support worker on campus to explore your relationship with alcohol or to discuss help for those you care about
- ▶ Join the U of M student group Students Against Drunk Driving
- ▶ Make a plan before you go out
  - ▶ Remember to eat and try to stick to no more than 2 drinks in 3 hours.
  - ▶ If you're offered a drink that you don't see poured, decline.
  - ▶ For every drink you consume, have a glass of water
  - ▶ Avoid drinking games
  - ▶ Keep track of how many drinks you've had
  - ▶ Have a designated driver, set aside cash for a taxi at the end of the night, or know the bus schedule



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