



# Guide to Safer Alcohol Use

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experience

Standard drink amounts

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)

# 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.

# 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



# UM Resources

## Alcohol

### **Student Counselling Centre (SCC)**

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and group and has an Addictions Foundation of Manitoba counsellor on site, throughout the week.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

### **Health and Wellness**

The Health and Wellness Educator is a Registered Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### **University Health Services (UHS)**

UHS provides health care services for UM students.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

### **Empower Me**

Empower Me is a service that is available to UMSU and UMGSA members that have student insurance through the university.

Empower Me, which has a range of specialists that can provide individualized support by phone, video conference, or by an in-person visit, depending on COVID-19.

[https://studentcare.ca/rte/en/IHaveAPlan\\_UniversityofManitoba\\_EmpowerMe\\_EmpowerMe](https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_EmpowerMe_EmpowerMe)

### **Healthy U**

Healthy U provides students with health and wellness resources.

[healthyuofm@umanitoba.ca](mailto:healthyuofm@umanitoba.ca)

<https://www.healthyuofm.com/>

### **Indigenous Student Centre (ISC)**

The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study, including Indigenous leadership development. They also provide opportunities for students, staff and the wider community to learn about First Nations, Inuit and Métis culture.

Migizii Agamik - Bald Eagle Lodge

[isc@umanitoba.ca](mailto:isc@umanitoba.ca)

204-474-8850

<https://umanitoba.ca/indigenous/student-experience>

# Off Campus Resources

## Alcohol

Winnipeg, MB

### **Addictions Foundation of Manitoba (AFM)**

AFM provides resources, courses, and services for people with substance use issues.

Manitoba Addictions Helpline: 1-855-662-6605

<https://afm.mb.ca/>

### **Manitoba Addictions Helpline**

Should you be experiencing challenges with alcohol use, you can phone the MB Addictions Helpline and be connected with a counsellor.

Drop In: River Point Centre, 146 Magnus Ave

General Line: 1-855-662-6605

<http://mbaddictionhelp.ca/>

### **Rapid Access to Addiction Medicine (RAAM)**

The RAAM clinic can provide education, counselling, medication or other supports for those looking to change their substance use. The RAAM clinic is embedded in 2 locations in Winnipeg.

1. River Point Centre 204-644-6209

2. Crisis Response Centre 204 792 7159

<https://afm.mb.ca/programs-and-services/raam/>

### **Alcoholics Anonymous**

Join a group of people who share common experiences and challenges with alcohol use.

<https://aamanitoba.org/meetings>

### **Al-Anon Group**

A group for people to attend who are worried or effected by a loved one's drinking patterns.

<https://al-anon.org>

## Online

### **Canadian Centre on Substance Use and Addiction**

Access resources about substance use.

<https://www.ccsa.ca/resources-alcohol>

### **Centers for Disease Control and Prevention**

<https://www.cdc.gov/alcohol/fact-sheets.htm>

### **Student Mental Health Support Network**

Explore this interactive learning module on Alcohol and Substance Use.

<https://rise.articulate.com/share/kS5HH31pjDuJ1dC2CDdiiEiPqFqMK2bw#/>