



What is low risk alcohol use anyway?



Low Risk alcohol use allows the drinker to consume alcohol in a way that does not result in any of the problems that can arise from High Risk use.

Alcohol is:

- Used infrequently and appropriately
- Used to relax or unwind; often consumed with food or on a full stomach
- Not consumed to excess or with the purpose of getting intoxicated
- Used during special occasions or celebrations
- Used with others present as a part of socializing, but is not the primary focus of the social activity

Low Risk alcohol use does not result in any significant or repeated problems related to one's own use, such as increased tolerance, blackouts, judicial violations, fights, unplanned sexual activity, regrettable actions, etc. Also, there is no loss of control over consumption.

Need a strategy for keeping it Low Risk?

Use the "0 - 1 - 2 - 3" Formula!

0: Zero drinks are always an option & the best one if you have any of the following risk factors:

- Family history of addiction or are an alcoholic
- Haven't eaten
- Are sick or fatigued
- Have an exam, job interview, presentation the next day
- Are going to be driving shortly after drinking
- Are taking prescription or over-the-counter (OTC) medication
- Have consumed any illegal drugs
- Have religious, cultural or other personal reasons for not consuming alcohol
- Have an allergy to alcohol or the ingredients in the drink
- Are pregnant
- Choose not to consume one night...just because

1: One drink per hour at most

2: Two drinks per day at most

3: Three days per week at most

Note: Among students who choose to drink, most are considered Low Risk drinkers.

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