

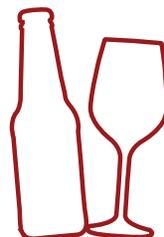


GUIDE TO RESPONSIBLE DRINKING

APRIL 2018



APRIL IS ALCOHOL AWARENESS MONTH



April is **Alcohol Awareness Month**. Raise awareness about Military Service members' alcohol use by hosting an event during the month to promote responsible drinking, sending out **information via email** or **tweeting** about responsible alcohol use. You can also share these tools with Military Service members to get them to think about their drinking habits:

- Learn more about how your **drinking patterns** compare to others.
- Calculate your **average spending** on alcohol per week, month and year.
- Find out how many **calories** you waste on alcohol per week.
- Weigh the **pros and cons** of drinking alcohol.

CAMPAIGN UPDATES:

- Encourage Military Service members to visit our updated **Drinking Facts page** to educate themselves on how to drink responsibly and our **Getting Help page** to learn how to cut back on their drinking.
- Don't worry about missing an issue of "Guide to Responsible Drinking" again! You can now view past newsletters on the **That Guy website**.

ONE MORE THING:

SUMMER SAFETY TIPS

The '101 Days of Summer' are just around the corner.

Between Memorial Day and Labor Day, Military Service members will likely be out enjoying summertime activities like riding motorcycles, boating, swimming, diving, taking long road trips and enjoying the warm weather. While fun, all of these activities can lead to injury or worse when combined with alcohol use. Encourage Military Service members to stay safe with these tips:



①



Drink plenty of water during the summer to stay hydrated.

②



Never drink alcohol and drive (that includes boats, jet skis, motorcycles and vehicles, to name a few).

③



Be aware of pool and beach safety rules before venturing into the water.

Find other **safety tips** online.

Share how you use our materials to promote responsible drinking on your installation.

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dha.ncr.comm.mbx.drink-responsibly@mail.mil

