

## ALCOHOL

1. Myth: Beer doesn't have as much alcohol as hard liquor.

Fact: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

Source: National Institute on Alcohol Abuse and Alcoholism - (National Institute of Health) -2002

2. Myth: I can drink and still be in control of myself.

Fact: Drinking impairs your cognition and hence judgment, which increases the likelihood that you will do something you'll later regret such as accidents if you drink and drive, having unprotected sex causing sexually transmitted diseases, damaging property, or being victimized by others.

3. Myth: Drinking isn't all that dangerous.

Fact: One in three 18 to 24 year olds admitted to emergency rooms for serious injuries are intoxicated. And alcohol is also associated with increased crimes such as homicides, suicides, and drowning.

4. Myth: I can sober up quickly if I have to.

Fact: It takes about roughly 3 hours to eliminate the alcohol content depending on quantity of drink and your weight. Nothing can speed up this process.

5. Myth: It's ok for me to drink to keep up with my male friends.

Fact: Women's liver metabolize alcohol slowly. No matter how much he drinks, if you drink the same amount as your male friend, you will be more intoxicated and have more impaired cognition.

6. Myth: There is no point in postponing drinking until I'm over 21.

Fact: Research shows that the longer you postpone drinking, the less likely you are to experience long term alcohol-related problems.

7. Myth: Alcohol improves my sexual performance.

Fact: Although you may think that drinking makes you better in sexual performance, psychologically alcohol reduces your stamina.

8. Myth: I can manage to drive well enough after a few drinks.

Fact: About one-half of all fatal traffic crashes among 18 to 24 year olds involve alcohol. Your impairment is related to your blood alcohol concentration (BAC). Depending on your weight, you can have a BAC of 0.02% after only one drink, which can slow your reaction time and make it difficult to concentrate on two things simultaneously. A BAC of 0.03% can significantly impair you at the wheel. At 0.04% your vision begins to focus on the center of the road and you cannot respond as well to street signs, traffic signals and pedestrians. By 0.05% your driving will be noticeably erratic, especially to the police.

Myth:



Men and women can drink the same amount

Even when men and women of the same weight drink the same amount the woman will have a higher level of alcohol in her blood

Myth:



Alcohol warms you up when you're cold

Alcohol might make you feel warmer but it's actually lowering your body temperature, so wrap up!

Myth:



Drinking alcohol makes you happy

Alcohol is actually a depressant; and since it lowers your inhibitions you'll be in less control of your emotions or actions



# 1 standard drink



**Glass of beer**  
340 ml / 12 oz  
5% alcohol

=



**Glass of wine**  
140 ml / 5 oz  
12% alcohol

=



**Glass of fortified wine**  
85 ml / 3 oz  
20% alcohol

=



**Glass of spirits**  
45 ml / 1,5 oz  
40% alcohol

=



**Glasses of cider**  
140 ml / 5 oz  
6% alcohol