



# WARRIOR

**P**

**Personal Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

**R**

**Respect:** Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

**I**

**Integrity:** Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

**D**

**Duty:** Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

**E**

**Excellence:** Exhibit honorable behavior on and off duty - don't be a substance abuser!



# RESPONSIBLE DRINKING





# Definitions



- **One drink**: defined as 5 oz of wine (12 percent alcohol), 1.5 oz of 80-proof distilled spirits, or 12 oz of regular beer

wine	spirits	beer
	or 	or 
5 oz/142 mL of wine (12% alcohol)	1.5 oz/43 mL of spirits (40% alcohol)	12 oz/341 mL of regular strength beer (5% alcohol)

- 5 oz of 12% wine =  $5 \times .12 = 0.6$  oz of pure alcohol
- 1.5 oz of 80 Proof =  $1.5 \times .40 = 0.6$  oz of pure alcohol
- Note: 80 proof = 40% alcohol
- 12 oz X 5% beer =  $12 \times .05 = 0.6$  oz of pure alcohol



# Definitions



- **Binge (Episodic) Drinking**: having five or more drinks on a single occasion at least once in the past 30 days
- **Moderate Drinking**: multiple definitions
  - One drink per typical drinking occasion at least once a week, *or* 2-4 drinks per typical drinking occasion 2-3 times per month, *or* 5 or more drinks per typical drinking occasion once a month or less
  - The consumption of up to 1 drink per day for women and up to 2 drinks per day for men
- **Responsible Drinking**: Not drinking irresponsibly?

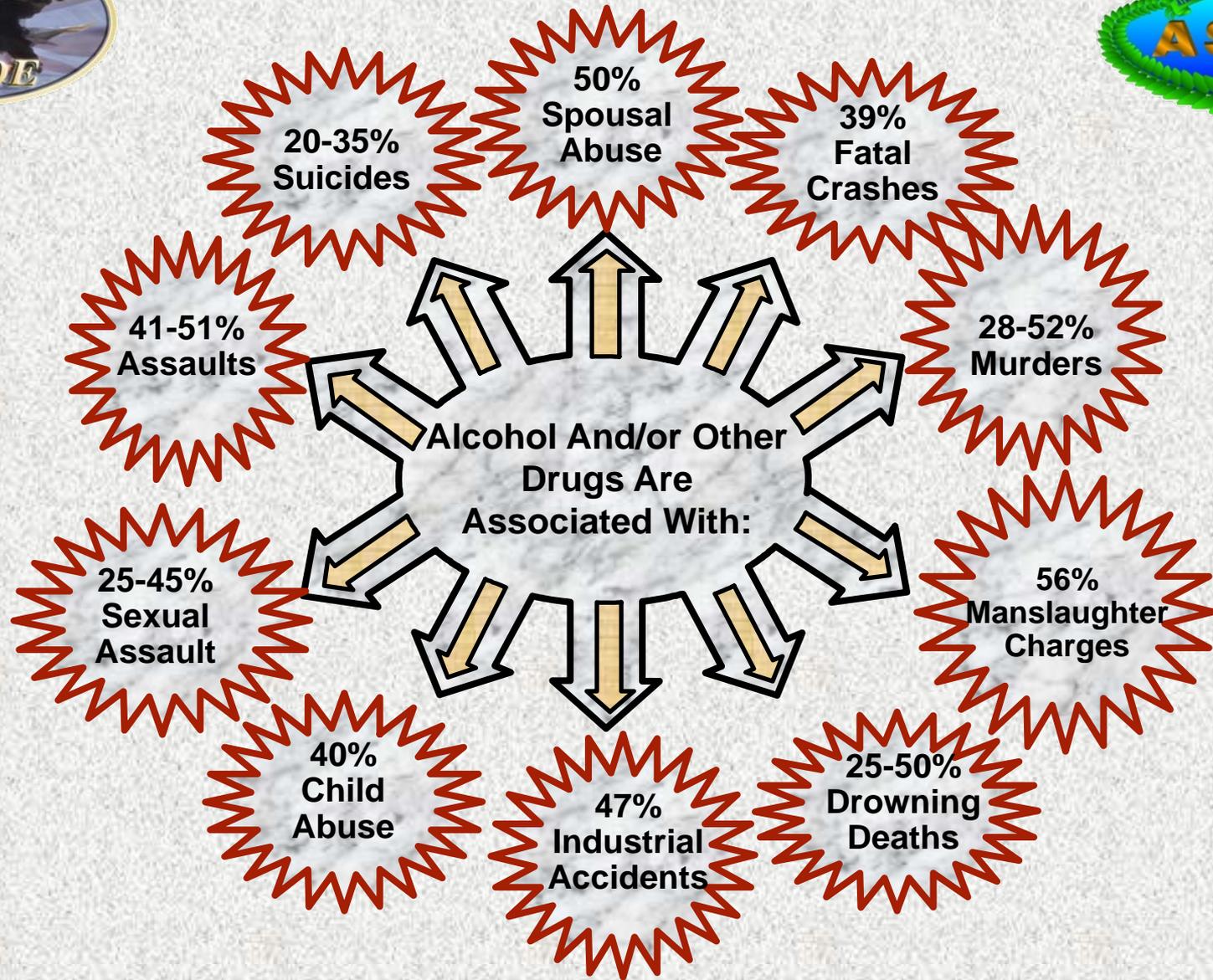


# *Irresponsible Drinking*



## Results of Irresponsible Drinking

- **DUI**
- **Vomiting**
- **Hangover**
- **Unexpected guest for breakfast**
- **Unprotected sex**
- **Unwanted sex**
- **Possible STD**
- **Fighting**
- **Loss of control – doing stupid things**
- **Reduced work quality and performance**
- **Financial problems**
- **Injury**
- **Problems with friends and family**
- **Health related problems**
- **Spouse/child abuse**
- **Passing out**
- **Black outs**
- **Death**



**National Statistics, Center for Substance Abuse Programs**



# *Responsible Drinking*



- Responsible drinking habits vary from person to person. Biology, sociology, and genealogy all play a role in what is considered responsible drinking.
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.
- **Responsible Drinking**: Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations; nor does it negatively impact their health, job performance, or quality of life.



# *Drinking Tips*



- Eat before and during drinking
- Before you Celebrate ... Designate. Identify a responsible driver or use public transportation
- Don't chug your drinks. Drink slowly and make your drinks last
- Alternate between alcoholic and nonalcoholic drinks
- Remember the word **HALT**: Don't drink if you're **H**ungry, **A**ngry, **L**onely, or **T**ired



# *Drinking Tips*



- **Do not lose control of yourself.**
- **Remember, it's ALWAYS ok NOT to drink.**
- **Avoid binge or other high risk drinking behaviors.**
- **Take a buddy and watch each others back**
- **Don't leave your buddy behind**
- **Don't drink when taking medication**



# UNDERAGE DRINKING





# *Underage Drinking*



- **Facts:**
  - **The drinking age in the Army depends on where you are stationed:**
    - **CONUS installation – 21 years old**
    - **Europe – 17 years old**
    - **Korea – 20 Years old**
    - **Puerto Rico – 18 Years old**
  - **Most Soldiers that deploy to fight in a war or conflict cannot drink alcohol in the area of operation regardless of their age**



# ***Underage Drinking***



- **Facts (Continued)**

- **Soldiers who are deployed and get afforded R&R in country or a nearby country may be able to consume alcohol regardless of age.**
- **USAR and NGB Soldiers under 21 cannot consume alcohol on or off activated status while in the US.**
- **Under 21 firefighters cannot consume alcohol and they put their lives on the line nearly everyday.**



# *Underage Drinking*



- **The real deal**
  - **The law is the law. It doesn't matter whether or not you agree with it, you must still abide by it.**
  - **You may believe that male Soldiers should be allowed to use an umbrella when wearing class A's or that female Soldiers should be able to wear ear rings in BDU's; but both violate AR 670-1.**
  - **Soldiers follow the uniform regulation and Soldiers should follow the under age drinking laws.**



# Summary



- **Party Responsibly.** Have a good time and blow off steam, but don't make drinking your priority. You should be there to have a good time not there just to get drunk
- **Plan Ahead.** Make sure you've arranged for a sober ride home BEFORE going out
- **Pace Yourself.** Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks
- **Don't drink if you are underage.** UCMJ
- **Don't support underage drinking.** UCMJ
- **Warrior 0-0-1:** zero underage drinking, zero DUIs, and no more than 1 drink an hour



***Remember your ...***



**WARRIOR**

**P**ersonal Courage

**R**espect

**I**ntegrity

**D**uty

**E**xcellence