



GUIDE TO RESPONSIBLE DRINKING

FEBRUARY 2020  

MARCH MADNESS IN MODERATION

March Madness is just around the corner, which means basketball around the clock! Share these tips so that Service members enjoy the fun, without slamming their reputation.

- **Always designate a driver.**
With all these ridesharing apps popping up, it's so easy to get home quickly and safe! Encourage your buddies to sign up for a new app and maybe even score discounts on your first rides.
- **Cut costs - it's smart and safe.**
Fun fact: craft beer generally costs more and has a higher alcohol content than blond ales, lagers and pilsners which have 3-5% alcohol.
- **Breathe, it's just a game.**
There's always that major upset to everyone's bracket that might make you turn to alcohol. But did you know that working out is a great way to keep your stress (and calories!) in check?



- **Stay hydrated.**
Balancing out every alcoholic drink you have with water or other non-alcohol beverages has its benefits. You'll wake up feeling better and ready to see who gets knocked out of the tournament next!

Even Service members who are not college basketball fans might find themselves getting rowdy this March (after all, St. Patrick's Day is March 17) so encourage them to drink responsibly.

[Share](#) how you use our materials to promote responsible drinking.

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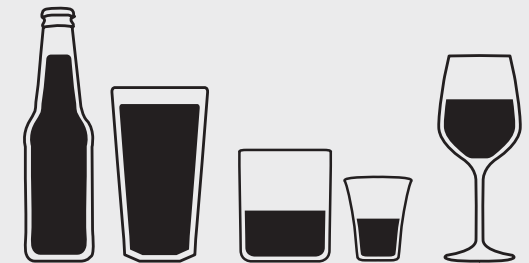


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ONE MORE THING:

APRIL IS ALCOHOL AWARENESS MONTH



Do Service members know how to spot signs of a drinking problem in themselves or their battle buddies? Some signs are:

- They drink more than they intend;
- Have problems with family or friends caused by drinking; and/or
- Experience memory blackouts when drinking.

Share the [Know When to Seek Help for Alcohol Use](#) poster and encourage Service members to take the anonymous [Drinking Habits Quiz](#) to confidentially evaluate their drinking habits.

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