WE ARE TIGERS!

MOST OF US
WE ARE TIGERS!

7 in 10 Tigers have 4 OR FEWER DRINKS when partying

mizzouwellness
Wellness Resource Center / G202 MU Student Center / 573.882.4634
Data taken from the 2014 Wellness Survey, N=1155
HOW TO STAY SAFE:

Go out with groups of friends and have someone remain sober.

Count your drinks. Use straws, bottle caps, or tabs to track how many drinks you’ve had.

Alternate alcoholic drinks with non-alcoholic beverages or water.

Eat a meal high in protein before going out to slow the rate at which alcohol absorbs into your bloodstream.
93% of MU Students would DO SOMETHING if they thought their friend had ALCOHOL POISONING
7 in 10 MU students prefer to kiss someone who is not drunk.
WE ARE
TIGERS!

STRIPES

GET HOME SAFELY
CALL STRIPES: 442-9672

Ride with a driver who has not been drinking

Arrange for a friend to give you a ride
WE ARE TIGERS!

ONE DRINK

12 oz of beer = 5 oz of wine = 1.5 oz of liquor

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