MOST MU STUDENTS MAKE HEALTHY, SAFE, AND SMART CHOICES!

Health and Wellness

wellness.missouri.edu (573) 882-4634 G202 MU Student Center
Data taken from the Bystander Survey, 2016, N=711

MOST OF US
7 in 10 Tigers have 4 OR FEWER DRINKS when partying
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
98% of MU Students would DO SOMETHING if they thought their friend had ALCOHOL POISONING.
77% MU students prefer to KISS SOMEONE WHO IS NOT DRUNK
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
WHAT’S “ONE DRINK”? 

12 oz. of BEER (2nd line from the top)
5 oz. of WINE (2nd line from the bottom)
1.5 oz. of LIQUOR (bottom line)