THSO Webinar #2: Alcohol

Here are some questions and resources for you to consider after reviewing this webinar.

- What is a standard drink size and how many standard drinks can typically be processed within one hour? Check out this resource for more information: Standard Drink Sizing
  - Check out these BAC cards as a potential resource.

- How is alcohol processed within the body? Is it different for different people? Why or Why Not?
  - Check out this Virtual Bar Website to learn more about Blood Alcohol Content and how it is processed in the body.

- Can you define binge drinking? More information can be found here.

- Review these alcohol myths to make sure you have good information.

- What are some good risk reduction strategies if a person decides to drink?
  - Here is a brochure from Partners in Prevention in MO that addresses risk reduction strategies.

- How can I be a bystander to keep people safe if they, or others, have been drinking? What are the 3 D’s?
  - Here are some Bystander Strategies for addressing bystander intervention from the StepUp Bystander Program out of the University of Arizona.

- What are the signs of alcohol poisoning? What do I do if someone is exhibiting signs of alcohol poisoning?
  - Here is a link to a page that has multiple videos and resources for educating your community on these topics.

- How do I talk to a friend who I am worried may be drinking too much?
  - Here is a resource for your consideration.