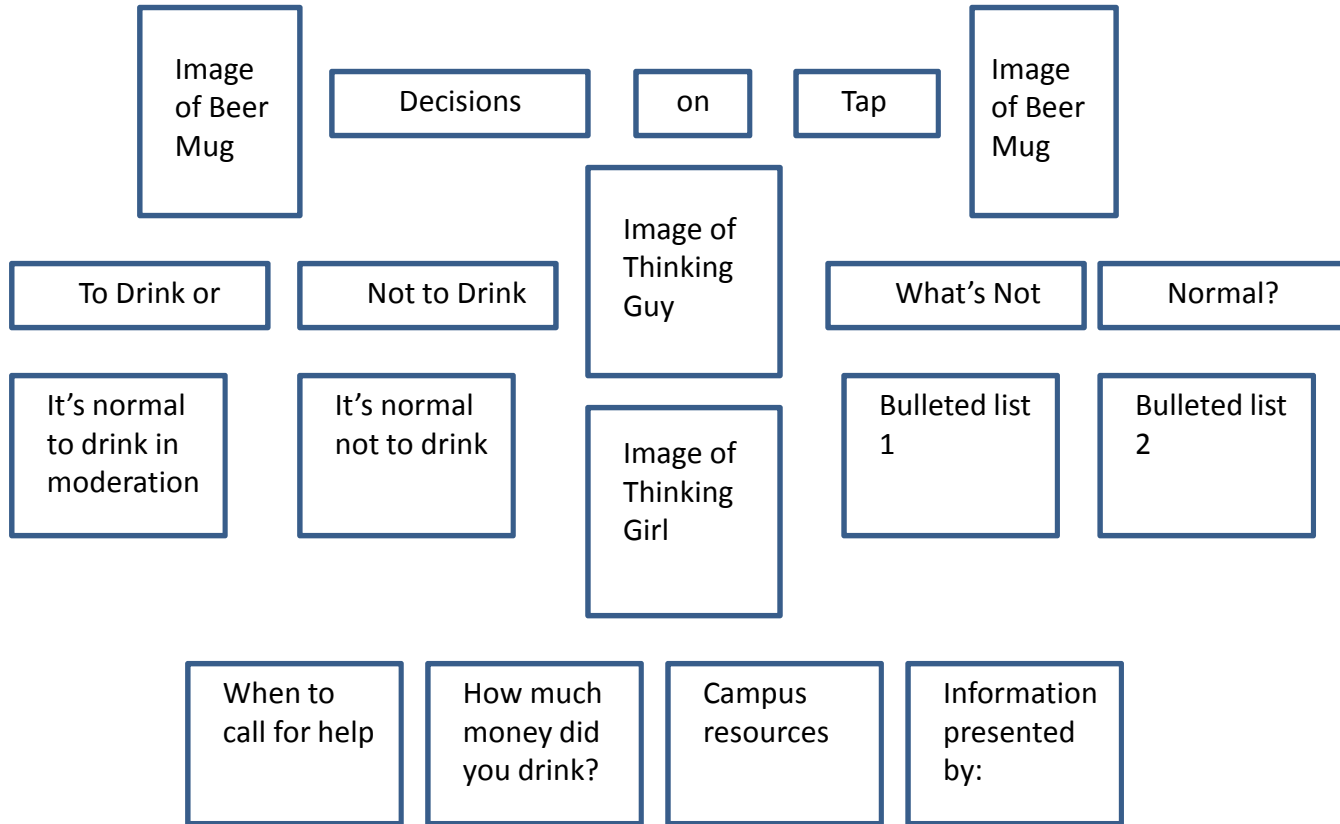


### Directions for "Decisions on Tap" Bulletin Board

1. Cut out slides 2, 3, 4, and 5 along the dotted lines. Trim further as desired.
2. A suggestion for the layout is below:



**DECISIONS**

---

**ON**

---

**TAP**



To Drink or

---

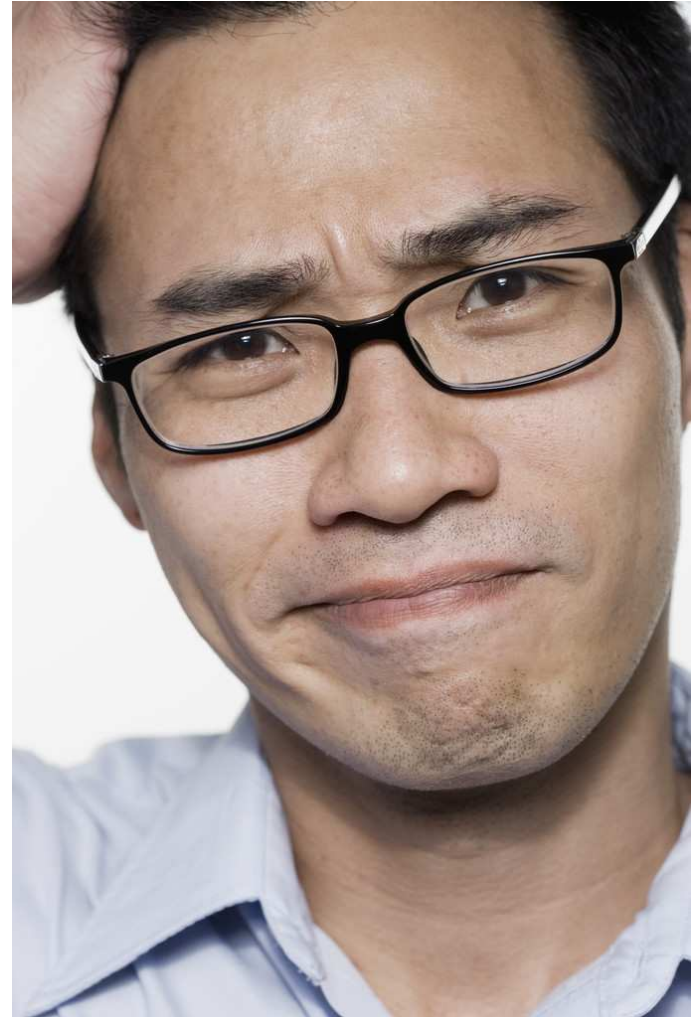
Not to Drink....?

---

What's Not

---




Normal?



# It's normal to drink in moderation.

- 🍺 Drinking in moderation means knowing your limits and sticking to them.
- 🍺 Drinking in moderation also means:
  - Drinking slowly (sipping, not chugging)
  - Eating before and while drinking
  - Never driving after drinking
  - Respecting laws related to drinking
  - Not drinking to get drunk
  - Avoiding drinking games

# It's normal not to drink.

-  Some people choose never to drink alcohol.
-  Others choose not to drink at certain times.
-  It's best not to drink if:
  - You're emotional
  - You'll be driving
  - You're taking certain medicines (check with your doctor or pharmacist)
  - You just don't want to

- ⊗ Vomiting
- ⊗ Passing out
- ⊗ Forgetting things that happened while drinking
- ⊗ Injuring yourself or someone else while drinking
- ⊗ Experiencing changes in personality while drinking
- ⊗ Feeling withdrawal symptoms when not drinking



- ⊗ Hiding alcohol
- ⊗ Lying about how much you've consumed
- ⊗ Drinking alone
- ⊗ Drinking before driving
- ⊗ Drinking before going to class or work
- ⊗ Frequently drinking to get drunk
- ⊗ Having friends or family express concern about your drinking

# When to Call for Help

Get help for your friend immediately if you notice him/her:



⚠ Vomiting

⚠ Experiencing seizures

⚠ Breathing slowly or irregularly

⚠ Becoming hypothermic  
(bluish skin color)

⚠ Unable to be roused

Be aware that a person who has passed out from drinking too much may die!



Visit [www.mtsu.edu/healthpro](http://www.mtsu.edu/healthpro) and click on



to find out!

# Campus Resources

**F**

**F**

**O**

Counseling Services

**O**

KUC 329

**R**

615-898-2670

**R**

Public Safety

**H**

1412 E Main St

**H**

615-898-2424

**E**

Health Promotion

**E**

**L**

REC 1106

**L**

615-494-8704

**P**

**P**

# Information presented by:



Health, Wellness, and Recreation Center  
Room 1106  
615-494-8704