

MARCH 2023

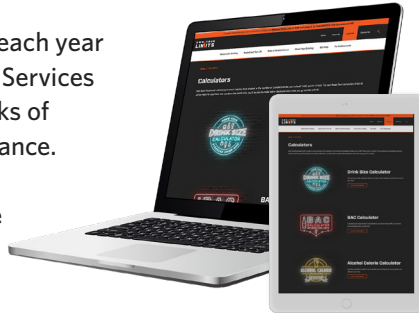
The Buzz

ON RESPONSIBLE DRINKING



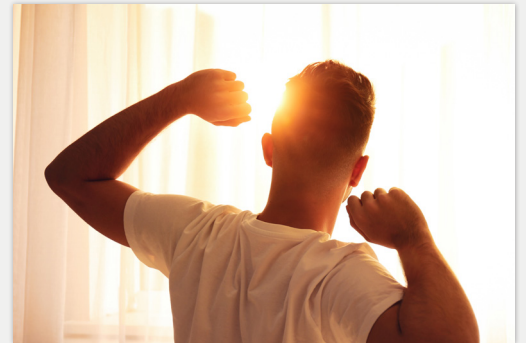
Get Ready for Alcohol Awareness Month!

April is Alcohol Awareness Month, and each year the Military Health System and Military Services aim to increase awareness about the risks of alcohol misuse in support of this observance. Use Own Your Limits resources to complement your efforts and encourage responsible drinking habits among Service members in April:



- Visit the **Observances and Events** page for **Alcohol Awareness Month resources!** Find ready-to-use messages, resources (like this year's [Alcohol Awareness Resources Guide](#)) and social media messaging. Ensure Service members are equipped with the tools and resources they need to drink responsibly this April.
- **Engage Service members with interactive tools.** Encourage Service members to kickstart their month by taking this five-minute [anonymous quiz](#) about their drinking habits. Don't stop there - Service members can use tools to [check their drinking](#) too (think: [calculators](#) that can estimate drink size or BAC). Remind Service members that responsible drinking tools are at the tip of their fingers (literally)!
- **Share campaign videos.** Post links to these videos on your social media and include them in your POD/POW notes so Service members can start thinking about topics such as [creating their own responsible drinking goals](#). Bonus points for playing them at MWR facilities like fitness centers during Alcohol Awareness Month.
- **Find campaign materials that fill your needs.** Check out downloadable resources that can help Service members check their drinking and get the facts about alcohol. Also, most of these (along with promotional materials) are [free to order in bulk](#). Make sure to take advantage of these materials during Alcohol Awareness Month!

Incorporate Own Your Limits resources into your local efforts to create responsible drinking habits just in time for Alcohol Awareness Month.



THE CAMPAIGN

When people drink too much, they may not remember what happened while they were drinking. Encourage Service members to drink responsibly to ensure a safe night out and [remember the memories they create](#) with their buddies (reminiscing is the best part, right?).

ONE LAST THING

A new [study](#) found that most Americans are unaware of the link between cancer risk and alcohol use. In support of cancer awareness and prevention, inform Service members about the [risks of alcohol use](#) so they can create responsible drinking habits to protect themselves and others.

All topics and resources highlighted in the e-Newsletter can be found at www.ownyourlimits.org.

**OWN YOUR
LIMITS**

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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