

DECEMBER 2023

# The Buzz

ON RESPONSIBLE DRINKING



## Setting Responsible Drinking Goals in 2024

The beginning of winter is upon us which means New Year's celebrations, making resolutions, spending time with family, and taking leave. Service members may be thinking about cutting back or taking a break from alcohol in the new year. Use the upcoming events and health observances to encourage Service members to make responsible drinking goals this season:



- **National Impaired Driving Prevention Month (December).** Remind Service members this holiday season that buzzed driving IS drunk driving. Even if they think they're OK to drive after a couple drinks, it's never worth the risk (or the [hefty DUI cost](#)). One of the best ways to practice safe driving is to [have a plan](#) to avoid driving after drinking. If their plan is to be designated driver, share this [non-alcoholic drink material](#) so they can feel included without the alcohol.
- **New Year's.** New Year's is a time worth celebrating but Service members should keep in mind that they don't want to overdo it. Ensure they focus on [celebrating responsibly](#) by not drinking [too much](#) so they can close last year's chapter and avoid [hangover déjà vu](#) in the new year. Share [this video](#) with Service members so they can start next year on the right foot by creating responsible drinking goals.
- **Dry January.** Encourage Service members to participate in this 31-day challenge where participants take a timeout from drinking. Share this [activity sheet](#) with Service members so they can track their progress as they go. If they're not ready to commit yet, offer these [tips for cutting back](#) and this interactive [Drinking Habits Quiz](#) (based on the AUDIT-C) so they can check on their drinking habits and commit to drinking responsibly.

Incorporate Own Your Limits resources into your local efforts to promote responsible drinking habits just in time for 2024. Find [downloadable campaign materials](#) on the website to fit your needs. Many of these materials (along with promotional materials) are also [free to order in bulk](#).

## THE CAMPAIGN

Some Service members may experience pain due to the physical demands of military training and jobs. Share the new [Dangers of Using Alcohol to Cope with Pain](#) web article to remind them that using alcohol to relieve pain is risky and leads to more bad than good, especially when mixed with pain relieving medications.

## ONE LAST THING



A [new study](#) found that the display of alcohol-related content on social media is associated with riskier drinking attitudes. Encourage Service members to consider examining their social media for alcohol-related content and [tailoring their feeds and follows](#) to support healthy drinking habits in the new year.

All topics and resources highlighted in the e-Newsletter can be found at [www.ownyourlimits.org](http://www.ownyourlimits.org).

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www.ownyourlimits.org



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