

# It starts with your decisions.

**Choose to protect:**  
your health  
your academics  
your friendships  
your future.

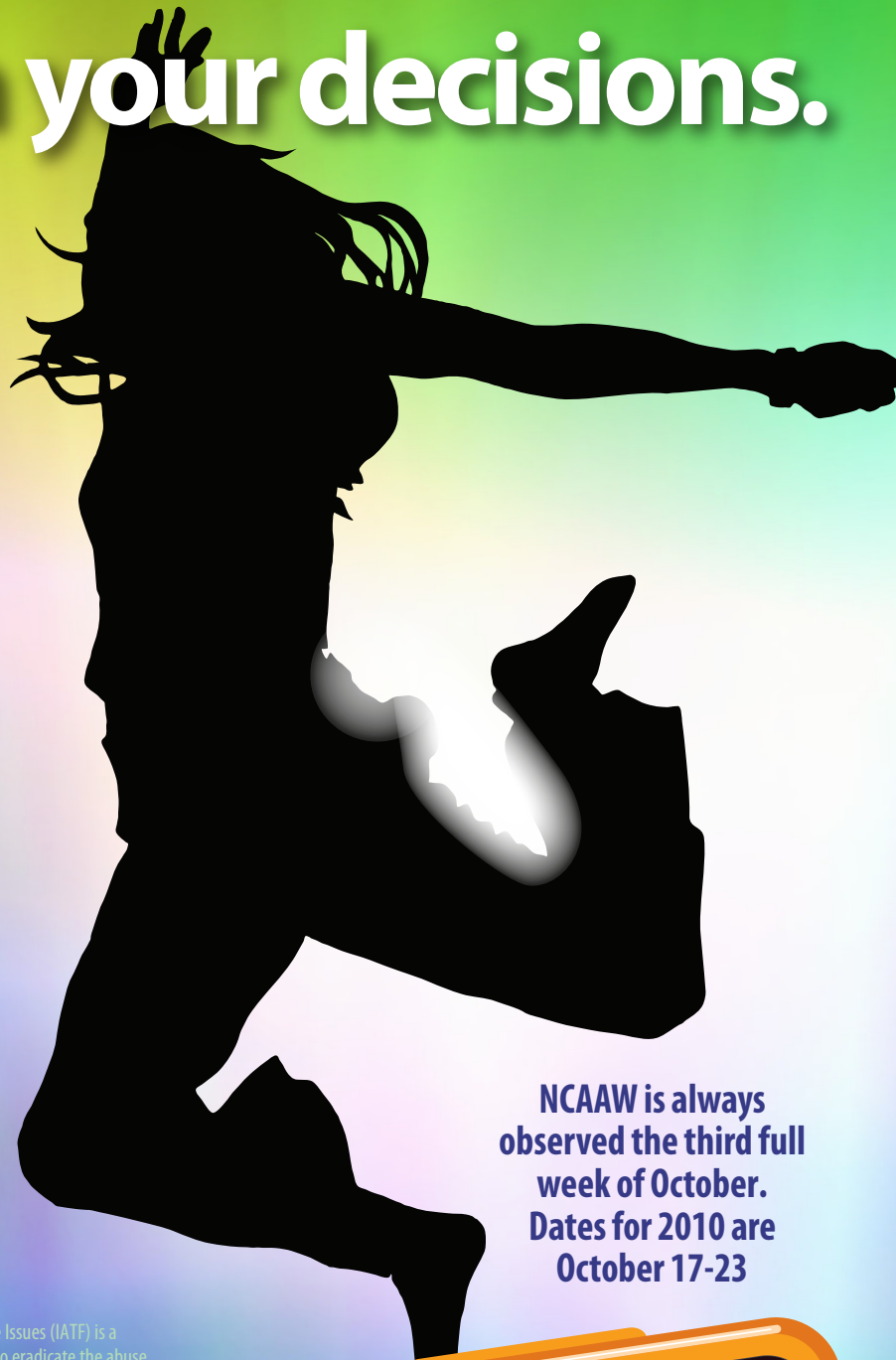
**Choose** – to take care of yourself and your friends

**Choose** – to not allow others to pressure you into drinking or drinking too much

**Choose** – if, when, how much, or how often you drink alcohol:

- 0** if you are underage, pregnant, taking medication or driving
- 1** no more than 1 drink per hour  
1 drink = 12 oz. beer, 5 oz. wine or 1.5 oz. liquor (80-proof)
- 1-2** no more than 1 to 2 times per week
- 3-4** the total number of drinks on any one occasion

**Choose** – to keep safe by not drinking to excess, by not driving after drinking and by not riding with a driver who has been drinking



**NCAAW is always observed the third full week of October. Dates for 2010 are October 17-23**



[www.iatf.org](http://www.iatf.org)

The Inter-Association Task Force on Alcohol and Other Substance Abuse Issues (IATF) is a coalition of higher education associations and organizations that seek to eradicate the abuse of alcohol, tobacco, legal and illegal drugs and other substances among college students. It strives to inspire students to review their lifestyles and make informed decisions regarding these substances. The Task Force supports teaching college students life skills that will enable them to be successful in college and afterwards.

Numerous organizations active in the higher education arena have made a commitment to provide the leadership for the IATF.

American Association of State Colleges and Universities  
 American College Health Association  
 American College Personnel Association  
 American Council on Education  
 Association of College and University Housing Officers-International  
 Association of Fraternity Advisors  
 Association for Student Judicial Affairs  
 The BACCHUS Network  
 Fraternity Executives Association  
 Golden Key International Honour Society  
 International Association of Campus Law Enforcement Administrators

National Association for Campus Activities  
 National Association of Student Personnel Administrators  
 National Association of State Universities and Land-Grant Colleges  
 National Athletic Trainers' Association  
 National Intramural-Recreational Sports Association  
 National Collegiate Athletic Association  
 North-American Interfraternity Conference  
 National Panhellenic Conference  
 Order of Omega



**B** The **BACCHUS** Network  
Saving Lives Since 1975

[bacchusnetwork.org](http://bacchusnetwork.org)