



BE AN EVERYDAY HERO

TAKE ACTION TO SAVE LIVES

ACT! CALL FOR HELP IF YOU OR A FRIEND IS IN AN UNSAFE SITUATION OR IF YOU ARE CONCERNED ABOUT ALCOHOL POISONING



SET LIMITS ON YOUR DRINKS:

- 0 – IF YOU ARE PREGNANT, TAKING MEDICATION, DRIVING, OR UNDERAGE;
- 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 1-2 TIMES PER WEEK;
- 3-4 – THE TOTAL NUMBER OF DRINKS ON ANY ONE OCCASION



MEANWHILE...

SPEAK UP: TALK TO A FRIEND IF YOU ARE CONCERNED ABOUT HIS/HER DRINKING



GET INVOLVED!

CHOOSE TO NOT DRINK IN EXCESS, TO NOT DRIVE AFTER DRINKING, AND TO NOT RIDE WITH A DRIVER WHO HAS BEEN DRINKING



INTEGRITY: RESPECT YOUR OWN AND OTHERS' DECISION NOT TO DRINK OR TO DRINK IN MODERATION



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

**NCAAW IS ALWAYS OBSERVED
 THE THIRD FULL WEEK OF
 OCTOBER. DATES FOR 2011
 ARE OCTOBER 16-22**



The BACCHUS Network
 Saving Lives Since 1975

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