

Make Strong Choices and Protect Those You Value Most



Low-Risk Guidelines for Alcohol

Consumption:

- 0** Drinks if you are underage, pregnant, at risk for alcoholism, or planning on operating a motor vehicle
- 1** Maximum number of standard drinks in one hour
- 2** Maximum number of standard drinks in one day if you are a daily drinker
- 3** Maximum number of standard drinks in one day if you are not a daily drinker

A Standard Drink:

-  1.5 oz. of liquor (80-proof)
-  5 oz. of wine (7-12% alcohol content)
-  12 oz. of beer (4-6% alcohol content)

Warrior Pride



- P** **ersonal Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.
- R** **espect:** Show your Respect to the Army, your Unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.
- I** **ntegrity:** Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.
- D** **uty:** Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.
- E** **xcellence:** Exhibit honorable behavior on and off duty- don't be a substance abuser!



Oklahoma National Guard Substance Abuse Program



Staying Safe Over the Holidays: Making Strong Choices in and out of Uniform this Winter

Quick Facts

- Cherophobia is the fear of fun
- If you lift a kangaroo's tail off the ground it can't hop
- You cannot snore and dream at the same time.
- Children laugh about 400 times/day while adults laugh on average only 15 times/day.



Word Search



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|---------------|-------------|
| 1. RESILIENCE | 5. LOYALTY |
| 2. COURAGE | 6. HONOR |
| 3. PRIDE | 7. TEAMWORK |
| 4. INTEGRITY | 8. DUTY |

Can you find all of the above character traits and Army Values?

It is important to always represent the Army well, whether at drill or off base. A Soldier has a duty to live with integrity and make strong choices even when not in uniform.

Are you making strong choices and representing the Army in a way you can be proud of this Holiday?

How Can We Help?

The Substance Abuse Program (SAP) aims to increase the readiness and resiliency of Soldiers and their Families.

We can provide you with risk assessment materials as well as help during the referral process. We can also connect you with community resources.



Please do not hesitate to contact the SAP team if you have questions or concerns.

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