

# ALCOHOL MYTHS

**MYTH 1** I can drink and still be in control

**FACT:** Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret, such as having unprotected sex, damaging property, or being victimized by others.

**MYTH 2** I can sober up quickly if I have to

**FACT:** It takes 3 hours to eliminate the alcohol content of 2 drinks, depending on your weight. Nothing can speed up this process—not even coffee, cold showers, or energy drinks.

**MYTH 3** Beer doesn't have as much alcohol as hard liquor

**FACT:** A 12 ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine. It's quantity, not quality, that matters.

**MYTH 4** People who can "hold their liquor" are to be envied

**FACT:** People who can drink heavily without becoming intoxicated have probably developed a tolerance for alcohol, which can indicate the onset of dependency. It also means more damage to internal organs, more money spent on alcohol, and more difficulty determining their BAC so tolerance DOES NOT affect BAC.

**MYTH 5** Drunkenness and alcoholism are the same thing

**FACT:** Many non-alcoholics on occasion become intoxicated or drunk. However, if they are not addicted to alcohol, they are not alcoholic. Of course, intoxication is never completely safe or risk-free and should be avoided. It is better either to abstain or to drink in moderation. Consuming alcohol sensibly is associated with better health and longer life, while the abuse of alcohol is associated with many undesirable health outcomes.

**MYTH 6** Everyone drinks

**FACT:** Although 29.3% of IUP students said they drink alcohol more than once a week, that leaves 70.7% who do not. If you choose not to drink, you are definitely not alone.

**MYTH 7** Alcohol makes sex better

**FACT:** Alcohol can make people feel less uncomfortable in social situations. But the reality is that alcohol can actually keep guys from getting or keeping an erection, and it can lower girl's sex drive. More importantly, alcohol can affect your decision-making ability. If you put yourself in a risky situation, you might think you're ready to have sex when you're not, or you might forget to use a condom.

## QUESTIONS?

Visit Alcohol, Tobacco, and Other Drugs Program  
Center for Health and Well-Being  
G57 Suites on Maple East  
724-357-1265  
ATOD-OASIS@iup.edu  
www.iup.edu/atod

*\*for more in-depth statistics please visit our website*