

# Party Safer

## Standard Drink Kit Activity

\*Activity Kit can be borrowed; contact [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca)

### Contents:

- 2 Highball Glasses (1 marked, 1 unmarked)
- 2 Wine Glasses (1 marked, 1 unmarked)
- 2 Beer Glasses (1 marked, 1 unmarked)
- AND/OR
- 3 Red Solo Cups \*important to use Solo Brand\*
- AND
- 1 Water Jug
- 8 ½ x 11 Standard Drink Poster
- Low Risk Drinking Guidelines (photocopy for additional copies)

### Purpose:

- To demonstrate the standard drink size for a glass of alcohol (beer, wine and liquor).

### Activity:

- Ask for 3 volunteers.
- Using the unmarked glasses/3 red Solo Cups and a jug of water, invite 1<sup>st</sup> volunteer to pour what they think is a standard drink of beer/cooler.
- Invite 2<sup>nd</sup> to pour what they think is a standard glass of wine.
- Invite 3<sup>rd</sup> to pour what they think is a standard drink of liquor (without the mix) (ex. vodka, rum, gin, whiskey).
- Compare the quantities in the marked and unmarked glasses or to Red Solo Cup slide
- Discuss. Size does matter.



For Women

**2 3**

Drinks  
Per Day  
Maximum

Drinks  
On a Special  
Occasion



For Men

**3 4**

Drinks  
Per Day  
Maximum

Drinks  
On a Special  
Occasion