



Marquette University SIX-PACK

A Six-week Effort to Promote Healthy
Decision-Making Surrounding Alcohol

Want to Avoid the Negative Consequences of Alcohol Use? Try Binge Thinking!

Binge Thinking (v): five or more of the following healthy alcohol decisions in one sitting

1. Don't drink if you don't want to.
2. Never take a drink from a stranger, or leave your drink unattended.
3. Set a limit before you go out, and stick to it.
4. Eat before you drink.
5. Alternate alcoholic and non-alcoholic beverages.
6. Steer clear of drinking games.
7. Explore activities that do not involve alcohol.
8. Go out with people you know and trust.
9. Avoid mixing drugs and alcohol.
10. If you think someone has had too much to drink, call for help.

**The best way to avoid the negative consequences
of alcohol use is to ABSTAIN!**

SIX-PACK Resources:

- Public Safety/On-campus Emergency: 414-288-1911
- Off-campus Emergency: 911
- Counseling Center: 414-288-7172
- Office of Student Affairs: 414-288-7206
- Center for Health Education and Promotion:
414-288-5217

SIX-PACK is a
coordinated effort by
the Office of Student Affairs,
Center for Health Education
and Promotion,
and Counseling Center