Directions for “Decisions on Tap” Bulletin Board

1. Cut out slides 2, 3, 4, and 5 along the dotted lines. Trim further as desired.
2. A suggestion for the layout is below:

- Image of Beer Mug
- Decisions on Tap
- Image of Beer Mug
- To Drink or Not to Drink
- Image of Thinking Guy
- It’s normal to drink in moderation
- Image of Thinking Girl
- It’s normal not to drink
- Image of Beer Mug
- What’s Not Normal?
- Bulleted list 1
- Bulleted list 2
- When to call for help
- How much money did you drink?
- Campus resources
- Information presented by:
DECISIONS ON TAP
To Drink or Not to Drink....?
What’s Not Normal?
It’s normal to drink in moderation.

Drinking in moderation means knowing your limits and sticking to them.

Drinking in moderation also means:

- Drinking slowly (sipping, not chugging)
- Eating before and while drinking
- Never driving after drinking
- Respecting laws related to drinking
- Not drinking to get drunk
- Avoiding drinking games
It’s normal not to drink.

- Some people choose never to drink alcohol.
- Others choose not to drink at certain times.
- It’s best not to drink if:
  - You’re emotional
  - You’ll be driving
  - You’re taking certain medicines (check with your doctor or pharmacist)
  - You just don’t want to
- Vomiting
- Passing out
- Forgetting things that happened while drinking
- Injuring yourself or someone else while drinking
- Experiencing changes in personality while drinking
- Feeling withdrawal symptoms when not drinking
- Hiding alcohol
- Lying about how much you’ve consumed
- Drinking alone
- Drinking before driving
- Drinking before going to class or work
- Frequently drinking to get drunk
- Having friends or family express concern about your drinking
When to Call for Help

Get help for your friend immediately if you notice him/her:

⚠️ Vomiting
⚠️ Experiencing seizures
⚠️ Breathing slowly or irregularly
⚠️ Becoming hypothermic (bluish skin color)
⚠️ Unable to be roused

Be aware that a person who has passed out from drinking too much may die!
Visit www.mtsu.edu/healthpro and click on to find out!
Campus Resources

Counseling Services
KUC 329
615-898-2670

Public Safety
1412 E Main St
615-898-2424

Health Promotion
REC 1106
615-494-8704
Information presented by:

MTSU Health Promotion
Education. Prevention. Wellness.

Health, Wellness, and Recreation Center
Room 1106
615-494-8704