HOW MUCH DO YOU KNOW ABOUT SEX AND ALCOHOL?

KNOW WHAT YOU'RE CONSUMING
WHAT IS A "STANDARD DRINK"?

A standard drink is typically the amount of alcohol that the body can process in an hour. The following chart provides some guidelines for common drinks and their alcohol content:

1. Beer: 12 oz 
2. Wine: 5 oz 
3. Mixed drinks: 1.5 oz 
4. Vodka, rum, gin: 1.5 oz

A PLACE TO CHECK IN

O.P.E.N. offers students confidential check-in services, peer judgmental conversations about drug and alcohol use. Check-ins may be in small groups with other first-year students as well as resident staff members. You can get personalized feedback about your use of alcohol or other drugs. Check-ins are not about telling anyone what you should or should not do. We encourage students to make informed decisions and to reduce harmful behaviors that can be associated with alcohol and other drug use and abuse.

To learn more or set up a check-in appointment, visit www.northeastern.edu/OPEN

ALCOHOL AND SEX

GET SMART, CHOOSE SMART.

A confidential, non-judgmental resource for students.
**NORTHEASTERN STUDENTS WEIGH-IN**

"My meeting at O.P.E.N. was very helpful and interesting. I didn't feel like I needed to withhold information because they weren't going to give me trouble in this or could make me feel wrong. Definitely a good program." 

"O.P.E.N. is a way for students to reflect on habits that may affect short-term and long-term goals. Warning out of the opposition I felt my head was truly on straight and I was on the right path not only with my education and starting a career, but also how I dealt with end control certain actions or distinctions."