



AGREEMENT TO DRINK RESPONSIBLY (Military)

This counseling is being given to every member of the F.E. Warren AFB community in order to safeguard our troops' safety and mission readiness. As an active duty member of the armed forces you are accountable to uphold the standards set forth by federal, state, and local law, the UCMJ, and 90 Space Wing policy when it comes to drinking alcohol. It is a personal responsibility to uphold this standard. Additionally, we need to take care of our friends and co-workers within our military family. When you don't, you end up working the extra hours/shifts to cover for them, or vice versa.

Responsible drinking means drinking in moderation. Anything more than 4-5 drinks in a row, in a relatively short period of time, is known as binge drinking. Binge drinking has been scientifically proven to significantly increase incidents of death, injury, assault, sexual abuse, unsafe sex, poor work performance, and health problems.

Responsible drinking is represented by the numbers of "0-0-1-3." This means, **"0" drinks if you are under 21! "0" DUIs! If you are of age and only drink periodically, only have "1" drink within an hour, with no more than "3" "drinks a day!** If you drink on a daily basis, the medical studies recommend only one drink for women and two drinks for men.

Irresponsible drinking has become a "clear and present danger" to our people and our mission. There were over 140 alcohol related incidents in 2003 at F. E. Warren AFB. In January 2004, less than one month into the year, there have been 25 alcohol related incidents. We all must hold each person accountable for drinking responsibly.

Remember the phrase "0-0-1-3." If you choose to drink, ensure you have a plan ahead of time of who will be the designated driver, as well as a backup plan (i.e., a phone number for a taxi company or a sober buddy to come pick you up). If you are hosting a party/social gathering where alcohol will be served, you are responsible to have a plan for monitoring your guests' alcohol consumption, ensuring that they don't drink underage, or drive drunk.

We all need to contribute to responsible drinking. By signing this form, you reaffirm your commitment to uphold the standard of responsible alcohol consumption and use. Thank you for your participation!

I fully understand what responsible drinking means. I will engage in responsible drinking.

Member's signature

Date

Supervisor's signature

Date