Social Drinking

Social drinking is the consumption of alcohol without reaching the point of being drunk. It is drinking in a safe, legal, and responsible manner, allowing you to socialize. Three or less measured drinks (or a blood alcohol level of up to 0.05%) is considered to be within the social drinking range.

Why Do People Drink in a Social Situation?

- Drinking is relaxing for many people
- Drinking alcohol is a social norm in our culture, and is considered acceptable in many situations
- Drinking is known as a “social lubricant,” making people feel more at ease when meeting someone new

What is Within the Realm of Social Drinking?

- At social gatherings
- At parties
- At bars
- With meals
- With family or friends
- On a date

What is Not a Part of Social Drinking?

- Drinking with the intention of getting drunk
- Drinking and driving
- Binge drinking
- Drunken sex
- Stumbling or slurring your speech
- Blackouts
- Vomiting
- Alcohol poisoning
- Legal troubles (drunk in public, minor in possession)

How can I be a successful social drinker?

- Know your limits before you begin drinking
- Avoid drinking alone; social drinking is **with others**
- Don't play drinking games
- Don’t go out with the intention to get drunk
- Don’t drink to the point of drunkenness: vomiting/stumbling, etc.
- Intersperse non-alcoholic drinks with alcoholic drinks

Social Drinking and Your Health

It has been said that some people who drink lightly (one to two drinks per occasion) tend to experience certain health benefits. However, it is not healthy to “save up” your drinks and consume them all within one evening. And a person who is a non-drinker should not start drinking simply to obtain health benefits.

Adapted from ‘What is Social Drinking?’ by the Vaden Health Center at Stanford University, June 2012