

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

86% of UA students indicated that they party one night or less per week.

(2016 Health & Wellness Survey, n=3,113)

How can I convince my best friend to cut back on drinking?

Trying to get someone to do something they don't want to do can be a challenge. But here are some tips to help you approach the subject and increase your success. Be a friend, show your concern, and don't worry about being too polite to bring up the subject. By not speaking up, you can appear to condone your friend's behaviors. Peer interventions can influence behavior change, so you already have the "friend" advantage. Choose your favorite approach (or both):

Direct:

- Choose a time when you both can talk and are calm (not when you're angry or upset at them).
- Be factual. Tell your friend exactly how you feel, how their drinking is interfering with your friendship, and how you care about them. Give specific instances of their behavior that you observed. When someone is intoxicated, it's likely they won't remember how their behavior impacted others.

- Hold your friend accountable. Don't cover up, clean up, or protect them from the consequences of their drinking. Your friend may believe that their drinking is under control and may minimize the problems. That's where you come in... don't make excuses for their behavior or say "that's ok."

Indirect/Moderation Approach:

- Suggest non-alcohol related activities that you both enjoy. Then don't take no for an answer. Offer to drive or make the arrangements. Invite others along.
- Hang out with friends who drink less, a lot less.
- If you end up going to a drinking event, go later. This decreases the amount of time to drink. Go out to eat first. Set limits.

Your friend is lucky to have a concerned friend. If you need additional coaching, consider calling UA Counseling & Psych Services at (520) 621-3334 for assistance.

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



CAMPUS HEALTH

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