

# Learn how to throw a great party and avoid issues!

## Party Safe covers

General party planning

Alcohol and your responsibilities

Preventing and dealing with issues and emergencies

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**Never drive impaired.  
Always use a designated  
driver who is 100% sober.**

# Party SAFE

**your guide to hosting responsible events**

Learn more today at  
[mopiptraining.org/partysafe](https://mopiptraining.org/partysafe)

# BAC (Blood Alcohol Content) after 3 hours of drinking

## Women

Number of drinks	Body weight in pounds					
	100	120	140	160	180	200
1	.00	.00	.00	.00	.00	.00
2	.04	.03	.02	.01	.00	.00
3	.09	.064	.048	.036	.027	.019
4	.13	.10	.08	.06	.05	.04
5	.18	.14	.11	.09	.08	.06
6	.22	.18	.14	.12	.10	.09
7	.27	.21	.18	.15	.13	.11
8	.31	.25	.21	.18	.15	.13
9	.36	.29	.24	.20	.18	.15
10	.40	.33	.27	.23	.20	.18
11	.52	.43	.36	.31	.27	.24
12	.57	.47	.40	.35	.30	.27

## Men

Number of drinks	Body weight in pounds					
	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00
2	.01	.01	.00	.00	.00	.00
3	.05	.03	.02	.01	.01	.00
4	.08	.06	.05	.04	.03	.02
5	.11	.09	.07	.06	.05	.04
6	.14	.11	.09	.08	.06	.05
7	.17	.14	.12	.10	.08	.07
8	.20	.17	.14	.12	.10	.09
9	.23	.19	.16	.14	.12	.11
10	.26	.22	.19	.16	.14	.12
11	.36	.30	.26	.23	.20	.18
12	.39	.33	.29	.25	.22	.20

# Stay in the Green Zone!

**ONE**  
**drink**

=



12 oz  
beer

=



5 oz  
wine

=



1.5 oz  
liquor

The charts are for general information purposes only. The charts are NOT to be used as an accurate or exact measurement of a specific individual's BAC. Sex (assigned sex at birth) is used here only to help determine how alcohol may affect your body based on physiology. This may differ from your gender/gender expression.