



Fifth Air Force

Responsible Drinking Responsible Choices



**Lt Gen Sam Angelella
5 AF/CC**

Integrity - Service - Excellence



Agenda

- **Commander's Intent**
- **Key Objectives**
- **The “So What” of It**
- **Large Group Vignette**
- **Drinking Guidelines**
- **Consequences of Bad Choices**
- **Summary / Responsible Drinking Tips**
- **Small Group Vignettes**





Commander's Intent

“I am hereby directing Responsible Drinking Training for all military personnel located and operating in Japan who are subject to CDRUSPACOM authority, including Reserve personnel (when serving in a Reserve capacity), National Guard personnel (when in a Title 10 status), and personnel in a TDY/TAD or leave status.”



**Lt Gen Salvatore Angelella
Commander, Fifth Air Force**



Key Objectives

- **Protect Service members and increase force readiness by creating a responsible drinking environment in U.S. Forces Japan**
- **Maintain vital host nation relations**
- **Educate service members on responsible drinking**
- **Educate service members about the consequences of poor decision making**
- **Promote/encourage alternatives to drinking**
- **Timeline: Responsible Drinking Training completed and reported to USFJ by 31 Aug 14.**



The “So What” of It

“The First step is realizing we do have a problem, and that we ALL can do more to fix it...keep in mind intervention is key.”

CMSgt Laurent, Command Chief Fifth Air Force

5 AF DUI Statistics:

- **2012: 57 total**
- **2013: 67 total**
- **2014: 75 total (through July)**

History With Damaging Effects (Alcohol Involved):

- **1995 – Elementary school girl raped by 3 service members**
- **1998 – High School girl run down and killed by drunk driver**
- **2012 – Okinawa woman raped by 2 service members**

Impact: Irresponsible choices & behavior damages our reputation and ability to operate/engage with our bilateral partners in Japan.



Large Group Vignette

Scenario: You are at your favorite sports bar with 10 of your friends from the unit.

One friend says, “For every touchdown our team scores, let’s do a shot of Wild Turkey and take turns buying!!”

Result: After 7 shots, 3 members get sick in the bar and 1 member gets a DUI driving back to base.

Things to think about:

- Who else might be watching this behavior in the bar?
- Does this damage our credibility to accomplish the mission?
- Does this behavior contradict our core values?
- What are the consequences of international incidents?



Drinking Guidelines

As adults and ambassadors of our country, we must all drink responsibly...choosing not to drink is perfectly okay.

If you are going to drink...remember 0-0-1-3 as a good guide:

- “0” Drinks if underage**
- “0” DUI/DWIs**
- “1” Drink per hour**
- “3” Drinks per event/night**

Key to all of this is understanding your limits and not succumbing to peer pressure to drink more than you should.



Drinking Guidelines

- **One Drink: Defined as 5 ounces of wine (12% alcohol), 1.5 ounces of 80-proof distilled spirits, or a 12 ounce beer**



- **Remember...**
 - The drinking age in Japan is 20 years old
 - .03 BAC will get you a DUI off base
 - .10 BAC will get you a DUI on base



Drinking Guidelines

- **Binge (Episodic) Drinking:** Having 5 or more drinks on a single occasion at least once in the past 30 days.

- **Moderate Drinking:**
 - *1 drink per typical drinking occasion at least once a week, or*
 - *2-4 drinks per typical drinking occasion 2-3 times per month, or*
 - *5 or more drinks per typical drinking occasion once a month or less, or*
 - *the consumption of 1 drink per day for women or 2 drinks per day for men*

- **Overtly Intoxicated:** While not inclusive, overtly intoxicated and disorderly includes unintelligible speech, a gross lack of motor control, incoherence, conduct that endangers public morals or outrages public decency, contentious disturbances, or actions which are dangerous to the rights and safety of others



Drinking Guidelines

COMMON MYTHS

“Alcohol is a stimulant and makes you more alert”

“Coffee, cold showers, and exercise will help someone sober up”

“Anyone who passes out from drinking too much should be put to bed and allowed to sleep it off”



Consequences of Bad Choices

- **DUI / DWI**
- **Financial Issues**
- **Family / Marital Issues**
- **Blackouts**
- **Death**
- **Unwanted / unprotected Intercourse**
- **STDs**
- **Arrest / Apprehension**
- **Embarrassment to the U.S. govt**
- **Reduced work quality / performance**
- **Health issues**
- **Spouse & child abuse**
- **Passing out**
- **Vomiting**
- **Hangover**
- **Loss of control**
- **Fighting / Injuries**

What are some other consequences of irresponsible drinking?



Summary

Responsible Drinking Tips

- **Make responsible choices on and off duty**
- **Before you celebrate...designate**
- **Eat before and while drinking**
- **Have a soda or water between drinks**
- **Drink slowly...don't "chug" your drinks**
- **Don't drink when taking medicine**
- **Remember, it is ALWAYS OK not to drink**

Proactive intervention is also key...be a good Wingman if you have a friend, co-worker, or family member who drinks!!



Questions / Discussion



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