



# ***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***

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- **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***

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***“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*

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**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***

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**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***

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- **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***

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## **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***

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- **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**

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- **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



*Integrity - Service - Excellence*