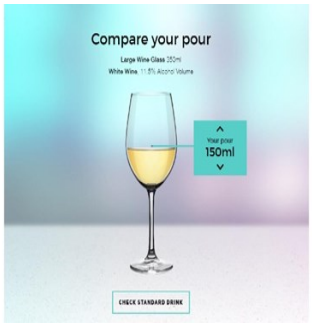
Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Game

# Standard Drink Calculator




**Evidence ratings:**

This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 7–8, Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol

**Tags:** standard drink, alcohol

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** Australian

**Cost:**
Free

## Available

This game is available via the NSW Health, Your Room website.

Access Standard Drink Calculator

## Developers

Your Room, Australia.

## Summary

Students learn how many standard drinks are in common glasses by filling each glass to one standard drink. There are a range of different types of alcoholic drinks, glass sizes and drink strengths, to equip students with a broad understanding of standard drink sizes.

## Format

An online, interactive game where students select their glass type and size, strength of alcohol and must then fill their glass with the amount of liquid that corresponds to one standard drink. Feedback is provided.

## Expected Benefits

- Increased knowledge about standard drink sizes for different types of alcoholic drinks
- Understanding of how the strength of an alcoholic drink can affect the number of standard drinks contained in a single glass

## Evidence Base

The benefits of this game have not been evaluated in a research study. The Your Room website has been verified and developed in consultation with clinical experts. The information derives from a harm minimisation approach and is based on factual information.

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