



# Fifth Air Force

## Responsible Drinking Responsible Choices





# *Agenda*

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

***“Commanders will ensure procedures are in place to require all newly assigned/attached personnel and their family members receive training on the United States Forces, Japan (USFJ) Liberty Policy and Responsible Drinking Training within 7 days of arrival as part of in-processing procedures. Additionally, commanders must ensure all military personnel on short-term TDY/TAD or on leave status to Japan, acknowledge they have read and understand the USFJ Liberty Policy and Responsible Drinking Training prior to or within 24 hours of arrival to Japan”***

**Lt Gen John L. Dolan  
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**

**BLUF: A major change to the USFJ policy on the consumption of alcohol**

- **.03 BAC will get you a DUI off base**
- **.03 BAC will get you a DUI on base**



# *The “So What” of It*

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*“Misconduct while stationed in or visiting Japan has serious implications for our relationships with our Japanese hosts, and can cause irreparable damage to the Alliance.”*

**- CMSgt Greene, Command Chief Fifth Air Force**

## **5 AF DUI Statistics:**

- 2014: 75 total**
- 2015: 63 total**
- 2016: 29 total (through June)**

## **Recent History With Damaging Effects (Alcohol Involved):**

- 2012 – Okinawa woman raped by 2 service members**
- 2016 – Sexual assault of Japanese woman in Naha Hotel**
- 2016 – E-4 drunk driving resulting in injuries to local Okinawans**

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



# **AFI 36-2618**

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- **from The Enlisted Force Structure:**

**Every Airman must, "Be alert for signs of substance abuse in yourself and others. Substance abuse not only involves the use of illegal drugs, but more commonly, involves excessive or irresponsible consumption of alcohol or over-the-counter medications. All must be aware of the warning signs of substance abuse and seek appropriate assistance through the chain of command, chaplain, or other appropriate referral agency."**



# *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 (1 of 2)

- **One Drink:** Defined as 5 ounces of wine (12% alcohol), 1.5 ounces of 80-proof distilled spirits, or a 12 ounce beer
- **Note:** 1 can regular Chuhai or ½ can Chuhai strong = One Drink



- **Remember...**
  - The drinking age in Japan is 20 years old
  - .03 BAC will get you a DUI off base
  - .03 BAC will get you a DUI on base
- **If you drink, do not Drive!**
- **And, if you've had a heavy night of drinking chances are you may be too intoxicated in the morning to drive!!**





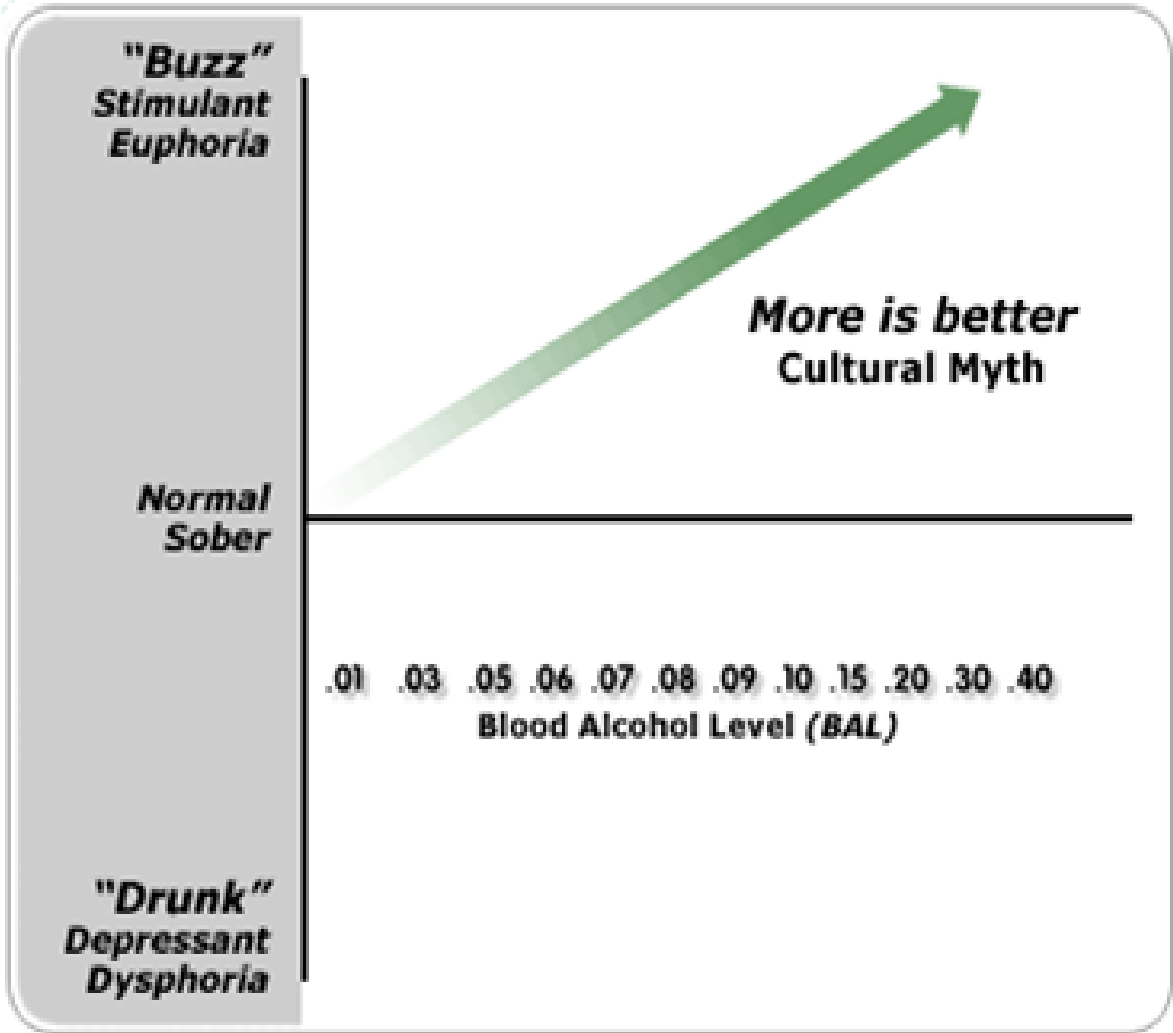
# ***Drinking Guidelines (2 of 2)***

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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



# The Cultural Myth



## Common Myths:

*"If a few drinks make me feel good, a lot of drinks will make me feel even better."*

*"The buzz will get better with more alcohol"*

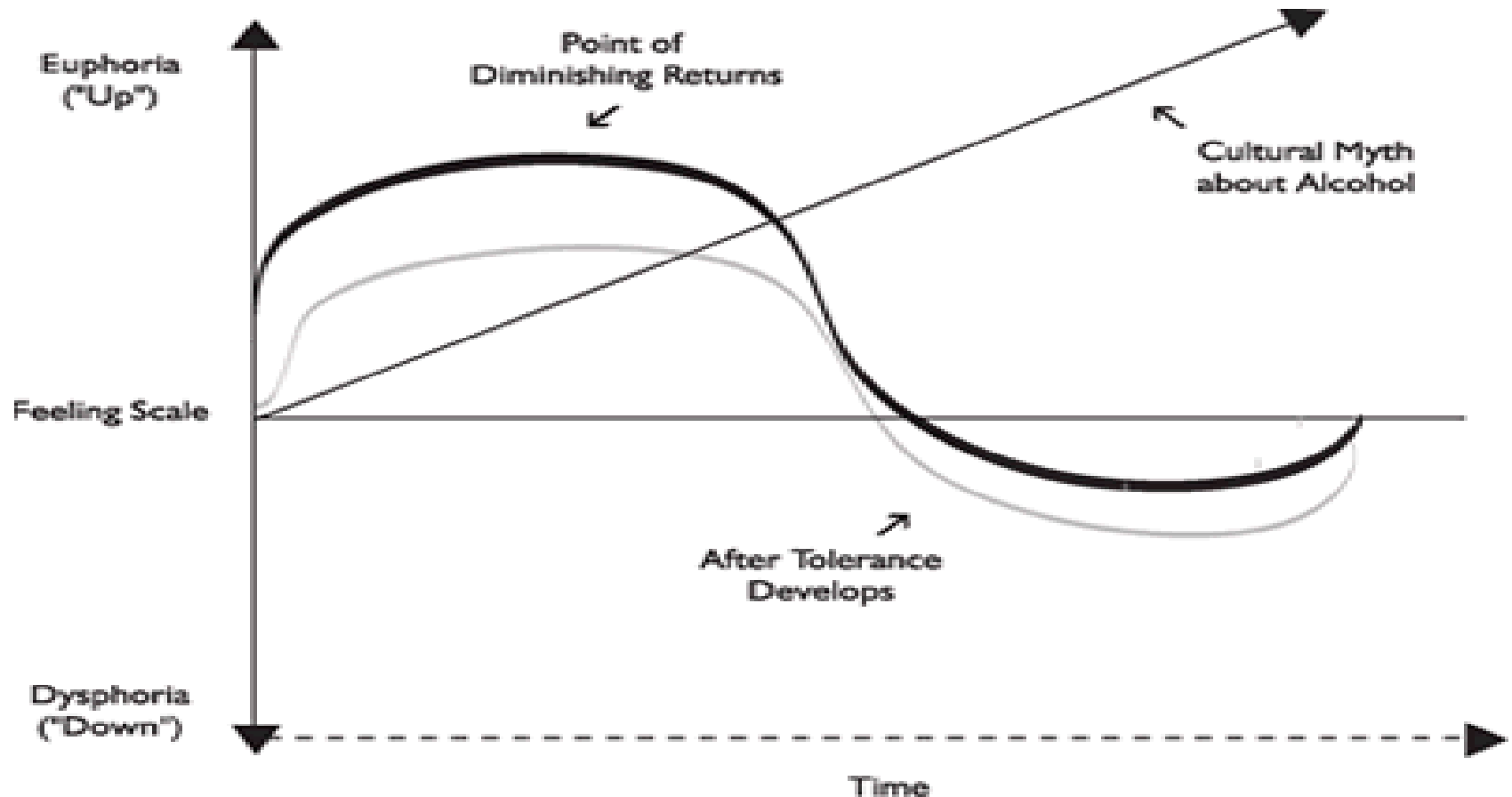
*"Alcohol is a stimulant and makes you more alert"*

*"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"*



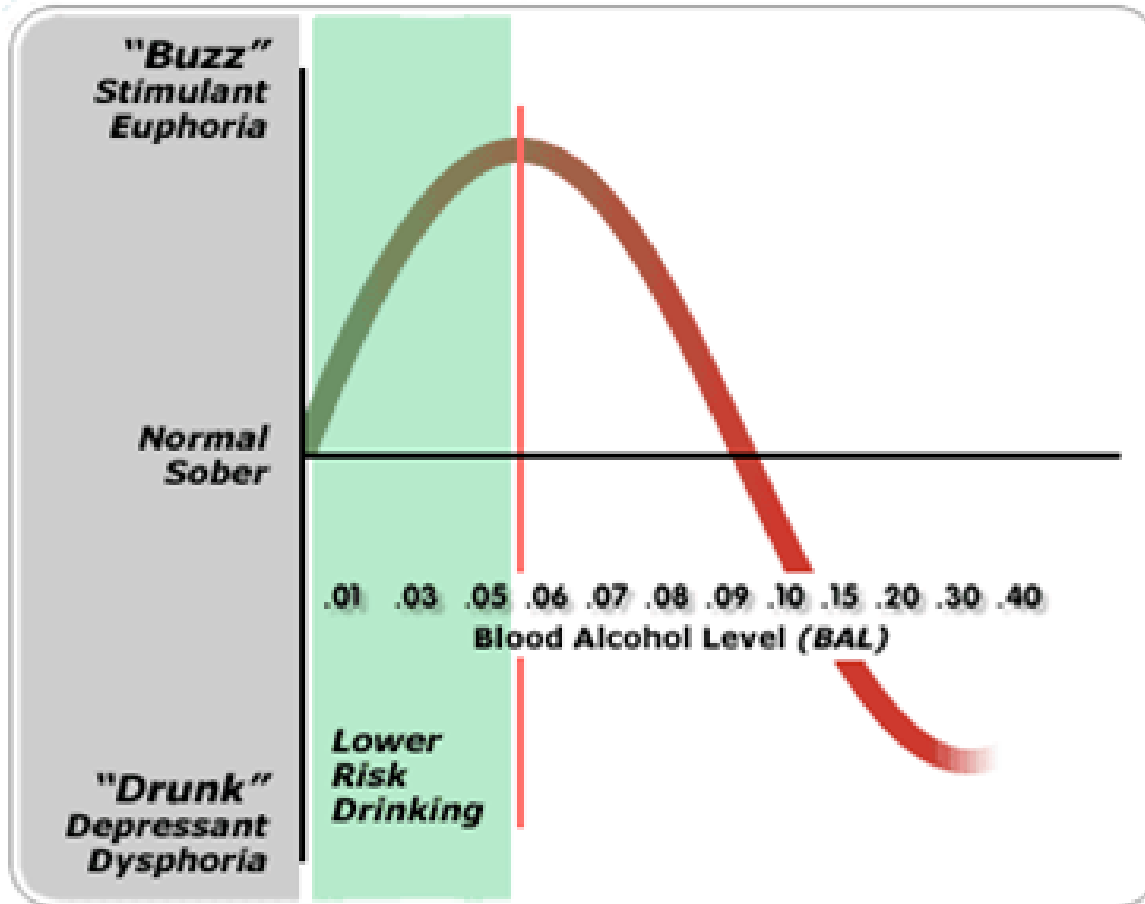
# “Ups & Downs” Over Time



## Biphasic Response to Alcohol



# Point of Diminishing Returns



Alcohol produces 2 differing effects or phases

Phase 1, alcohol stimulates causing a *buzz*

As you continue to drink, alcohol becomes a depressant (Phase 2)

Common reactions include fatigue, slurred speech, loss of coordination



# ***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?***



# Be a Good Ambassador

- The vast majority of Airmen and families members enjoy their time in Japan without abusing alcohol
- You too can enjoy your time in this wonderful and enchanting country, and help to strengthen the U.S-Japan Alliance through your ambassadorship





# 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*