



Responsible Drinking Responsible Choices

Marine Forces Japan



History



- 1995 - Two Marines and a Corpsman kidnap and rape an elementary school girl in Okinawa
- 1998 - High school girl run over and killed by a drunk Marine
- 2001 - Airmen rape a 20 year old girl outside a nightclub
- 2002 - Michael Brown attempted assault incident
- 2003 - LCpl break 19 year old girls nose and rapes her
- 2005 - Airman molests 10 year old girl on her way to Sunday school
- 2008 - Sgt charged with raping 14 year old girl
- 2012 - Two sailors rape a woman walking home
- **2016** - Sailor convicted of raping a Japanese female tourist in his Naha hotel room.
- **2016** - Contractor and Former Marine charged with Murder and rape of local 20 year old woman.



Protect What You've Earned



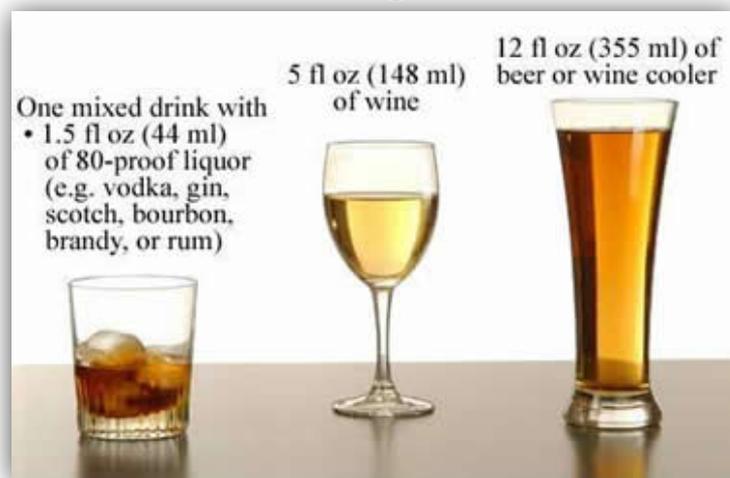
High-Risk Drinking Can Lead to:

- ▶▶ Restriction
- ▶▶ Revoked driver's license
- ▶▶ DUI
- ▶▶ Dishonorable discharge
- ▶▶ Unintentional injuries
- ▶▶ Forfeiture of pay
- ▶▶ Sexual assault
- ▶▶ Legal problems
- ▶▶ Debt
- ▶▶ Relationship problems
- ▶▶ Court-martial
- ▶▶ Rank reduction
- ▶▶ STDs
- ▶▶ NJP
- ▶▶ Unintended Pregnancy
- ▶▶ Liver disease
- ▶▶ Coma and/or death
- ▶▶ Alcoholism
- ▶▶ Totaled car
- ▶▶ Seizures



Standard Drink

- Defined as 5 oz. of wine(12 percent alcohol), 1.5 oz. of 80-proof distilled spirits, or a 12 oz. of regular beer



- On **4 April 2016** all U.S. installations in JP updated minimum blood alcohol content to match local BAC for driving in Japan.
- Blood Alcohol Content (BAC) **Limit** On-base and Off-base is now:

.03 (less than one drink)



Low-risk Drinking Guidelines



If you are going to drink...remember

0-0-1-3

“0” Drinks if driving

“0” Drinks if underage

“1” Drink per hour

“3” Max drinks per event/night





Tips for low-risk Drinking



- Eat before and while drinking
- Before you celebrate...designate a SOBER driver
- Drink slowly...Don't chug your drinks
- Alternate alcoholic drinks with non-alcoholic drinks
- Don't drink when taking medication
- Choosing not to drink



Early Warning Signs of Alcohol Abuse



- Neglecting responsibilities at work or home
- Using alcohol in dangerous situations
- Legal problems because of drinking
- Alcohol use is interfering with relationships
- Using alcohol to avoid whatever is causing you stress
- Needing more alcohol to feel the same effects
- Showing up to formations or meetings smelling of alcohol



Vignettes #1

House party



Vignettes #2

Kadena at Chili's



PROTECT WHAT YOU'VE EARNED