



Drug and Alcohol Facts Week Social Media Templates

ORAU has developed social media graphics and messages for National Drug and Alcohol Facts Week in March 2024.

Canva templates are available for each post. You can

- download and use the graphics as is or
- modify the template for a customized graphic.

Access the Canva templates by clicking the link for the type of content you want to use. To download or modify the templates, you will need to [create a free Canva account](#).

Suggested post copy can be modified to align with your organization's mission or individual preferences. Please use **#FASDNPN** whenever possible.

ORAU has also created a FASD NPN brand kit in Canva. The logos and icons in the brand kit can be used to modify templates or create new materials. Request access to the FASD NPN brand kit by emailing Katherine.Chyka@orau.org.

Contents

- 2 Recommended Alcohol Limits
- 3 Standard Drink Chart



Recommended Alcohol Limits

GRAPHIC

To reduce the risk of alcohol-related harms, nonpregnant adults can choose not to drink, or to drink moderately by limiting consumption to

2
DRINKS
or LESS

IN A DAY
FOR MEN

1
DRINK
or LESS

IN A DAY
FOR WOMEN

 FASD NATIONAL PARTNER NETWORK

CANVA LINKS

- [Facebook](#) (1200 x 630 px)
- [Instagram](#) (1080 x 1080 px)
- [LinkedIn](#) (1200 x 627 px)
- [X \(formerly Twitter\)](#) (1600 x 900 px)

SUGGESTED POST COPY

Alcohol guidelines differ for men and women because after drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the immediate effects of alcohol usually happen faster and last longer in women than in men.

www.cdc.gov/alcohol/index.htm

#NDAFW **#FASDNPN**

Standard Drink Chart

GRAPHIC



CANVA LINKS

- [Facebook](#) (1200 x 630 px)
- [Instagram](#) (1080 x 1080 px)
- [LinkedIn](#) (1200 x 627 px)
- [X \(formerly Twitter\)](#) (1600 x 900 px)

SUGGESTED POST COPY

Short Copy

Many people are surprised to learn what counts as a drink, and that a glass of wine contains the same amount of alcohol as a shot of liquor. Avoid alcohol completely if you are pregnant or might be pregnant. Check your drinking: www.cdc.gov/alcohol/CheckYourDrinking/index.html
#NDAFW #FASDNPN

Long Copy

Many people are surprised to learn what counts as a drink, and that a glass of wine contains the same amount of alcohol as a shot of liquor. Drinking less alcohol is better for your health and some folks should avoid alcohol completely such as people who are pregnant or might be pregnant. Check your drinking: www.cdc.gov/alcohol/CheckYourDrinking/index.html
#NDAFW #FASDNPN