

TIPS FOR SAFER DRINKING

Buddy Up!

Make sure you're with a trusted friend



If you're going to mix:

Switch it up

between alcoholic and non-alcoholic drinks



DON'T

mix alcohol with any other drugs! The effect can be doubly dangerous!



EAT!

This can help slow down alcohol's effects (It WON'T sober you up!)

Call a cab— Or Uber!

Either way— get home safe! Don't walk home drunk or take public transportation when drunk



Don't Drink Alcohol!

It's always a choice, right? Practice ways to say, no thanks!



How to be a Smarty Pants



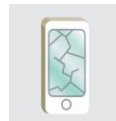
and Drink Safely!

MAKE YOUR OWN DRINKS



Set a limit

before going out. Remember standard vs. actual pouring amounts:
Hard alcohol: 1.5 oz
Beer: 12 oz.
Wine: 5 oz



Beware: Drinking and Posting!
It can haunt you later....



Avoid Drinking Games

They can get you to drink way more than you planned— or that's safe!

HELPFUL APPS TO DOWNLOAD: R-U-BUZZED; ALCuLator; BAC Calculator; IntelliDrink; UBER; TAXI MAGIC, Lyft