

Party Safer Tips

Think before you drink. Drugs & alcohol impair judgment.

Stick together! Don't leave friends or go alone.

Eat before & while you drink.

Alcohol & energy drinks don't mix!

Stay hydrated. For every drink of alcohol, have a non-alcoholic drink.

Don't leave your drink alone. ALWAYS keep it with you!

Know your limit & stick to it. No more than 2 drinks in 3 hours.

Only time can make you sober. Not coffee, energy drinks or food.

Don't drink & drive. Have a plan for a safe ride home.

Make the sober choice. Enjoy non-alcoholic drinks. **Try Mocktails!**

