

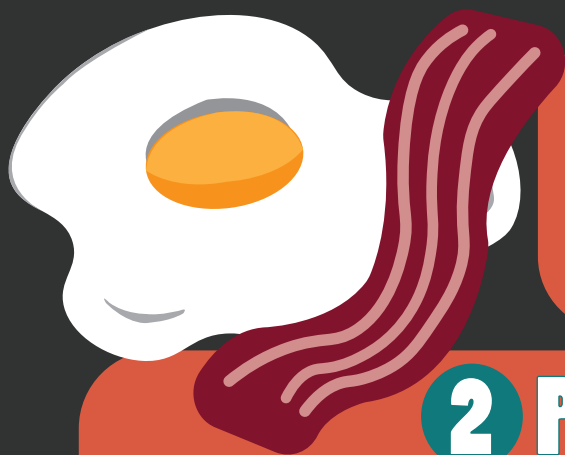
6 STEPS

to an

AMAZING WEEKEND

If you choose to drink alcohol, know that you have many opportunities to make simple decisions that reduce the risk to yourself and others.

— Southern Illinois University Carbondale —



1 EAT

Start off the day with a breakfast full of proteins and fats (i.e. eggs, bacon). Remember to eat throughout the day.

2 PLAN FOR A RIDE

Plan a way to get home at the end of the day. Ask a friend to be a designated driver, catch a cab or use public transit.



3 DRINK WATER

Keep hydrated. Drink lots of water before, during and after drinking.



4 STICK TOGETHER

Stick with your friends. No one likes being left behind!



5 CALL FOR HELP

If you see someone who needs help, step up and be an active bystander! Don't hesitate to call 911 for help!



6 GET CONSENT

Get consent before any sexual activity. Legal consent can't be given if either party is under the influence of alcohol or drugs or is sleeping or unconscious.

