

REDUCE YOUR RISK

If you choose to drink alcohol, there are many ways that you can reduce your risk of experiencing some of the not-so-fun things often associated with drinking.

Here are a few strategies to maximize the fun and minimize the bad!

EAT BEFORE AND WHILE YOU DRINK:

Having food in your stomach makes the alcohol absorb more slowly into the bloodstream. Foods high in fat and protein (e.g. eggs and meat) are the best to eat because they take a long time to digest!

PACE YOUR DRINKS:

To avoid drinking too quickly, try alternating an alcoholic beverage with water, talk with friends, go to the dance floor, or play pool or darts between drinks!

USE THE BUDDY SYSTEM:

This worked when you were a little kid, and it still does now! Always stick with a friend; they don't leave you, and you don't leave your friend.

PLAN FOR A SOBER RIDE HOME:

Before you go out, plan how you will be getting home at the end of the night safely. Find a designated driver, walk with a group or take public transit.