

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!

BE AN ACTIVE BYSTANDER:

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

BEWARE OF UNFAMILIAR DRINKS:

Pay attention to what you are drinking and how much alcohol is in it.

BE AWARE OF HOW DRUGS INTERACT:

Educate yourself on potentially negative interactions of over-the-counter drugs, prescription medications and recreational drugs before you mix them with alcohol or other drugs.

CONSENT:

Understand that consent cannot be given if either party has been drinking alcohol or consuming other drugs.