

# REDUCE YOUR RISK

Here are a few strategies to maximize the fun, and minimize the risk, when it comes to alcohol!



## 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!

## BE AWARE 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.



SOUTHERN ILLINOIS UNIVERSITY  
**STUDENT HEALTH  
SERVICES**



@SIUHealthCenter



SHC.SIU.EDU