

## **SAFETY TIPS**

**You're of legal age and you plan to drink...fine, but:**

- 1. Set a "Party Safe" goal for how many drinks you are going to have. Tell a friend the limit, count your drinks and stick to your goal.**
- 2. Remember that famous expression, HALT. Don't drink if you are Hungry, Angry, Lonely or Tired. HALT drinking if any of those apply!**
- 3. Don't gulp your drinks; you'll get drunk faster. Plus it doesn't look cool. Drink slowly and make it last.**
- 4. Don't drink on an empty stomach. Always eat before you drink... a full meal.**
- 5. Alternate between alcohol and non-alcohol beverages. Designer water is always a good choice.**

**MORE**

## **SAFETY TIPS** (continued)

- 6. Don't encourage or approve reckless and irresponsible behavior caused by intoxication.**
- 7. Before you celebrate, designate. Take turns with friends, so everyone gets to be it!**
- 8. Remember, saying "No" is absolutely fine. Look around; you will be surprised that a lot of folks choose not to drink alcoholic beverages.**
- 9. If you've had a couple of drinks, it's probably not a good idea to "go back to his or her place."**
- 10. Remember, you are responsible for your decisions about when to drink and how much to drink. You are equally responsible for all of the consequences that may result from making poor decisions when it comes to drinking alcohol.**

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