

TIME

Wear a watch -- and stop drinking at least one hour before you leave a party, longer if you've been drinking heavily. Remember that your blood alcohol level continues to rise for 20 to 40 minutes after you've had your last drink, as alcohol is absorbed into the bloodstream.

Set a time when you will leave the party. Count your drinks and pace yourself: make sure you leave sober. Stop drinking at least an hour before the time you have set to leave. Stay with your plan.

MORE

TIME (continued)

If you drink faster, if you drink longer, and if you drink stuff that would peel the polish off a fender, watch out! The faster the alcohol is absorbed into the bloodstream, the greater the impairment. This is where you're going to run into problems with that aberrant part of college culture: drinking games. Per hour, the liver can only metabolize about the amount of alcohol contained in one drink, one beer, or one glass of wine. This rate varies among individuals.

Here's a tip: Remember the word **HALT. Don't drink if you are Hungry, Angry, Lonely or Tired. Your body and your mind are much more susceptible to the effects of alcohol when you are in these states.**

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