

## Have a Plan

- Eat Before Going Out
- Know Your Drink Limit
- Order Low ABV Drinks
- Avoid Peer Pressure
- Only Bring Cash

## **Pace Yourself**

- Drink Water Between Drinks
- Order Seltzer with Lime
- Avoid Drinking Games
- Eat While Drinking
- Order a Mocktail

## **Get Home Safe**

Be Aware of Surroundings





