

YOU SKIPPED YOUR MEAL. GO BACK 4 STEPS.

Pace yourself

When you are hosting also serve food and non-alcoholic drinks and make sure no one is over served


Understand alcohol affects men and women differently

Remember that drinking and driving is never a good idea (forget about your car, motorbike, bike or scooter). Don't let someone drunk go home alone

YOU HAVE CAR KEYS IN YOUR HAND, ARE YOU SURE? GO BACK 1 STEP.

DURING

DURING

DURING

AFTER



Stick to a standard pour

DURING



Don't give your friends a hard time if they choose not to drink - ever

DURING

Remember that younger friends and friends with low self-confidence watch you continually, you should lead by example

DURING



Enjoy a full meal and drink plenty of water

DURING

GOOD & SAFE PRACTICES



Stick to a safe plan

AFTER



Make sure all your friends get home safely

AFTER

Know that only time will bring your BAC* down - and it can continue to go up for 30 mins after you stop drinking

*BAC : Blood Alcohol Concentration

AFTER

AFTER

WELL DONE !

BEFORE

BEFORE

BEFORE

BEFORE



Keep in mind that medications + alcohol are not a good mix (and sometimes even dangerous)



Plan a safe way home before you go



Learn how alcohol affects you as an individual



Be sure of your local drinking age

YOU DID NOT ANTICIPATE HOW YOU WILL GET HOME. GO BACK 1 STEP.



START