

Tips for safe drinking

Before drinking

- **Eat and drink water** before and while drinking alcohol. Try setting a reminder on your phone.
- **Set a drink limit** before you start drinking and stick to it . Try an app to help you keep track of your drinks.
- **Be aware** of how alcohol affects you. Know when you've had enough and say so
- **Arrange a safe ride home** before you start drinking.
- **Try to reduce** the number of times you use alcohol each week. Daybreak is another app you can try if you're looking to cut down or stop drinking.

While drinking

- **If you're playing drinking games**, try playing with non-alcoholic drinks.
- **Top up your own drinks** and finish one drink before starting another.
- **Only get in the car with a sober driver**-decide who will be the designated driver before you go out.
- **Keep your drink with you at all times.** If you have any doubts, make or order a new one.
- **Drink in good company** – keep a good friend around.
- **Keep an eye out for each other** – if you see a friend becoming too drunk, make sure they drink water, eat food, and stop drinking alcohol.

Staying Sober

Sometimes friends will try to pressure you to drink when you don't want to. You could use these strategies when telling others why you want to stay sober:

- **Be the designated driver**-your friends will thank you and you will know they got home safely.
- **Make or order** your own non-alcoholic drinks.
- **Tell people you're taking medication.** Many medications should not be combined with alcohol.
- **Say you have an a.m. workout.** People respect long-term goals and physical challenges.
- **Tell people you are trying to save money**- students understand financial stress

