

ALCOHOL Enjoy partying, be safer.

If you drink **alcohol** – know more, be safer



Eat before and during drinking



Finish your drink before a new one



Sip not scull



Have spacers – drink something non-alcoholic between drinks



Use small glasses



Water drink lots of it



Watch your drink & get your own (never take drinks from others)



Stay off the spirits



Stick to one type of drink

Make your **own limits**



- **Slow drinking** at your pace – not someone else's
- **Set limits** on what and how much you'll drink
- **No thanks** to top ups
- **No pressure.** It's okay to say no.

If your **friends** drink alcohol

- **You don't have to**, lots of people don't
- **Stay together**

If they drink too much:



encourage them to drink non-alcoholic drinks or just **take them home**



never leave a mate alone



worried, **call 000** for an ambulance

Some **other stuff...**



Think twice before posting on socials



Stay connected – don't head off with someone you don't know



It's hot and you're outside – slip, slop, slap and slide



Keep busy – play pool, dance, socialise – you'll drink less



Alcohol can make you less worried about danger. **Watch out for risk.**

Heading **home**



Taxi, rideshare, public transport, parent or friend



Travelling by car – **nominate a designated driver**



If you've been drinking do not drive. If your friend has been drinking they cannot drive



On your P's? You must have zero BAC (no alcohol at all!)



Concerned about your alcohol use, or concerned about a friend or family member?
Call or email **DrugInfo** for confidential information and advice **1300 85 85 84**