

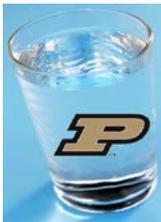
Safe Party Strategies

10. **Limit the number of drinks you have when you go out.** Drinking so much that you have to puke is a bad idea, and your friends won't thank you for it.



9. **Sober driver, Sober driver, Sober driver.** Make sure you get home safely!

8. **Hang with friends you trust** – choose the ones who have enough sense to keep you from losing control, out of jail, and who will call for an ambulance if you need it.



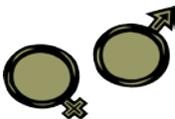
7. **Can you say “alternate?”** If you alternate between alcoholic and non-alcoholic drinks throughout the night (we're partial to water), your body will thank you. Alcohol dehydrates the body. Water helps.

6. **Do we have to send you back to kindergarten for this message again?** Don't take a drink from a stranger or leave your drink unattended. There just might be a special dose of a date-rape drug inside (but remember that alcohol is *the* #1 date-rape drug).



5. **All drinks are not created equally...** Usually, a drink is one 12-oz. beer, one shot of 80-proof liquor, or one 4 oz. glass of wine. But, even within each category, there are varying alcohol contents, e.g. regular beer has more alcohol than light beer, and tequila has more alcohol than schnapps. If you don't know how much alcohol you're drinking, ask! And always evaluate how you're feeling.

4. **Eat some food before you go out.** Food fills you up and slows alcohol absorption.



3. **Know that alcohol is sexist!** It treats men and women differently due to body size, composition and hormones.



2. **Talk to your friendly Purdue pharmacist.** Some medications should not be combined with alcohol, such as certain antidepressants, pain medications, and muscle relaxants. Your pharmacist will tell you if you can drink safely.



1. **Be patient!** There are legal and university consequences for people who are under 21 and drinking. We want you to succeed at Purdue, so hold on Boilermaker! You've got plenty of time.