Safe Drinking Guidelines

- Don’t be scared of alcohol
- Alcohol will not solve your problems
- It’s a marathon, not a sprint
- Eat before you drink
- Drink with friends, not alone
- Keep your eyes on your drink at all times
- Know what you are drinking
- Go out with a plan (and have that plan not be just to get wasted)
- Stay away from alcohol when you are highly emotional
- When you say “I’m never drinking again”, you probably will