

# FRIENDS DON'T LET FRIENDS DRIVE DRUNK

## Safe Party Plans

For Those Age 21 and Older

### If you are the host:

- **Stay within your limits** in order to ensure your guests stay within theirs.
- Upon arrival, **ask guests to give you their car keys**. Return them only to sober drivers.
- **Serve lots of food**, particularly high-protein dishes. Avoid salty snacks, which tend to make people drink more.
- **Appoint a reliable bartender** to keep track of guest drinking. Don't let guests mix their own drinks.
- **Never serve alcohol to anyone under the age of 21**, and never ask children to serve alcohol at the party.
- **Set up a non-alcohol bar** with attractive "drinks or mocktails" of flavored waters and tropical juices or an alcohol-free punch.
- Organize the fun. **Keep guests socializing** with music and party games. Reach out to someone who seems to be alone.
- **Stop serving alcohol 90 minutes before the end of the party** and take the time to serve a great dessert.
- **Give designated drivers a special gift in appreciation of their role.**
- **Make certain that all guests leave with a sober driver** and encourage car-pooling. Keep the numbers for local cab companies handy.
- Rather than allowing anyone to drive impaired, **insist that guests stay the night.**
- **Always remind guests to buckle up** on the way home – it's their best defense against an impaired driver.



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# GIVE THE GIFT OF A LIFT DESIGNATE A SOBER DRIVER

## Safe Partying Plans

For Those Age 21 and Older

### If you are driving:

- Designate your sober driver before the party begins. Give that person your car keys.
- Avoid drinking too much alcohol too fast. Pace yourself – alternate with alcohol-free drinks, eat, take breaks.
- Don't starve yourself before or during the party. Enjoy the food as well as the drink.
- Don't even think about getting behind the wheel if you've been drinking!
- Only accept a ride with a sober driver.
- Call a friend or taxi to pick you up.
- Or, stay where you are and sleep it off until you are sober.

### If you catch a buzz, please catch a ride

### Remember:

- Only time will sober you up – not coffee, not a cold shower, not fresh air, not exercise.
- A 12 ounce beer, a 5 ounce glass of wine, a 12 ounce wine cooler and 1.5 ounces of liquor all contain the same amount of alcohol.
- After drinking, even people who do not stumble or slur their words may be too impaired to drive.



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