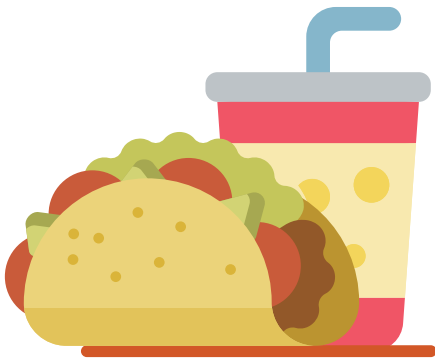


# REDUCE YOUR RISK

Here are a few strategies to maximize the fun, and minimize the risk, when it comes to alcohol!

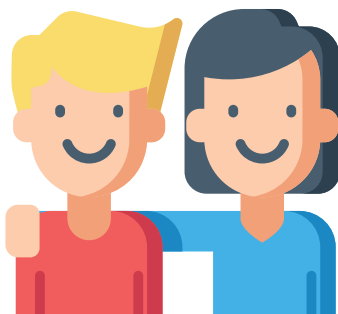


## EAT BEFORE AND WHILE YOU DRINK:

Having food in your stomach slows down how quickly alcohol can enter your bloodstream. Foods that are high in protein (e.g. eggs, beans) take longer to digest, and will keep you fuller, longer!

## PACE YOUR DRINKS:

To avoid drinking too quickly, try alternating an alcoholic beverage with water, talk with friends, go to the dance floor, or play pool or darts between drinks!



## USE THE BUDDY SYSTEM:

This worked when you were a kid, and it still does now! Always stick with a friend you trust.

## PLAN FOR A SOBER RIDE HOME:

Before you go out, plan how you will be getting home at the end of the night safely. Find a designated driver, walk with a group or take public transit.

