

SPRING BREAK

RESPONSIBLY

If you choose to drink alcohol:

- Eat before and during drinking.
- Pace yourself. One drink or less per hour lessens your risk for harm.
- Alternate alcoholic beverages with water.
- Don't accept drinks from strangers and be aware of what is in your drink.
- Use the buddy system. Look out for one another and be an active bystander.
- Call 911 in case of an emergency!
- Remember consent for sexual activity can't be given if either person has been drinking.