

Strategies for safer drinking

You don't need alcohol to have a good time. However, if you do decide to drink, keep these strategies in mind to help reduce your risk of harming yourself or others.

- Decide before you go out **how much** you will drink
- Eat **before** and **during** drinking
- Keep your drink with you at all times
- Pace yourself and avoid drinking games
- Use a **designated driver, walk with friends, bring cab fare, or utilize SafeWalk** by calling **(309) 438-WALK**
- Decide whether or not you are open to having sex **before** you are under the influence—and **always** use a condom.

While the decision to drink is yours, you should **never drink if:**

- You are **upset** or **angry**
- You are doing illicit **drugs**
- You are taking certain **prescription** or **over-the-counter medication**
- You are **pregnant** or think you might be
- You will be **driving**
- If you are **under** the age of **21**, recognize that there are **legal consequences** for consuming alcohol, regardless of the amount

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