

# Holiday Spirits: Alcohol Safe Tips for Attending Parties and Events



## Have a variety of non-alcoholic drinks on hand



Examples could include juices, sparkling waters, sodas, water, and mocktails (cocktail inspired drinks that do not include alcohol). Alcohol free drinks help counteract the dehydrating effects of alcohol and/or can be a great alternative to alcoholic beverages

## Remember you do not owe anyone a drink

It is okay to deny a drink offer or an invitation to an event that serves alcohol. It does not make you a bad guest to refuse. You do not owe an explanation for not drinking alcohol, but it might make you more comfortable going into an event if you prepare answer to questions that may be asked ahead of time.



## Know what you are drinking



If you choose to drink - know what and how much you are drinking. Limit yourself to less than 3 or 4 drinks per event (12 oz beer, 5 oz wine, 1.5 oz distilled spirits). Do not drink from punch bowls or drinks where the alcohol content is unknown

## Have an exit plan

Have a plan in place for deciding when and how to leave the event. If drinking, make sure a safe ride is arranged. Additionally, create an exit plan if the party becomes uncomfortable or out of hand.

