

## RESPONSIBLE NIGHT OUT



## HAVE A PLAN

- Eat Before Going Out
- Know Your Drink Limit
- Only Bring Cash
- Avoid Peer Pressure
- Order Low ABV Drinks

## PACE YOURSELF

- Drink Water Between Drinks
- Eat While Drinking
- Order Seltzer with Lime
- Order a Mocktail
- Avoid Drinking Games

## GET HOME SAFE

- Be Aware of Surroundings
- Stick with Your Friends
- Call Someone for a Ride
- Ask Bartender to Call a Ride
- Take a Rideshare



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