DRUG DEMAND REDUCTION

Did You Know?

Safe Party Tips

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481-5998

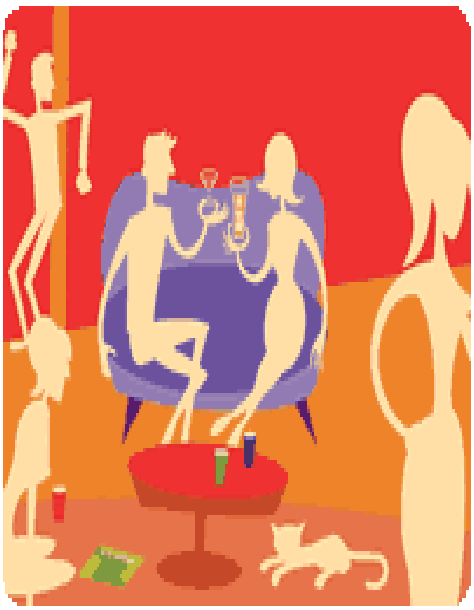
What Every Host Needs to Know

Don't rely on coffee to sober up your guests. Only time can make someone sober.

Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler and an ounce and a half of liquor contain the same amount of alcohol.

Don't rely on someone's physical appearance to determine if he or she has had too much to drink.

Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.



During Your Party

Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
Do not push drinks! Drinking at a party is not mandatory for having a good time.
Have fun – but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
If, despite your efforts, some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.