Follow the law. Create a safe environment. Keep track of how much you drink. Treat everyone with respect. Space your drinks. Alternate alcoholic drinks with non-alcoholic drinks. Drink slowly. Know your limits. Drink only if you want to drink. Learn and practice your drink refusal skills. Always have a designated driver. Don’t drink and drive. Designate a driver before you go drinking. Limit your social drinking. Set a limit on your number of drinks. Don’t drink and drive. Get a reliable designated driver. Designate a driver for others that aren’t centered and who have had a drink. Use the buddy system. Know who you’re drinking with. Know where you’re going; know who you’re going with; know the environment. Know the strength, know the amount, know the time. Make healthy choices. Be a brother. Be a friend. Be a sister.

**pre•ven•tion** [pre-ven-shuh n] n.

1. the act of going, or state of being there, before
2. the anticipation of needs, hazards, and risks; forethought

**KEEP YOURSELF SAFE**

**KEEP YOUR FRIENDS SAFE**

MESSAGE BROUGHT TO YOU BY: