

Tritons

PARTY SAFER

STANDARD DRINK SIZES

Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink. It's important to know how many (standard) drinks you are actually consuming.



PROTECTIVE BEHAVIORAL STRATEGIES

Protective behavioral strategies are behaviors one can utilize to try to minimize the negative consequences experienced from drinking alcohol. Here are some examples:



ALTERNATE NON-ALCOHOLIC DRINKS BETWEEN ALCOHOLIC ONES



DETERMINE IN ADVANCE NOT TO EXCEED A CERTAIN NUMBER OF DRINKS



HAVE A FRIEND TELL YOU WHEN YOU'VE HAD TOO MUCH TO DRINK



EAT BEFORE, DURING, AND AFTER DRINKING



FIND A SAFE RIDE TO AND FROM HOME



PACE DRINKS TO ONE OR FEWER PER HOUR

NOT INTERESTED IN DRINKING? CLEVER WAYS TO SAY NO!

Carry around a red cup filled with soda.

"I have to drive home later."

"I'm not feeling well."

"I've reached my limit for tonight."

Conveniently lose the drink.

"I'm good for now. I just had one a second ago."

"I'm trying to pace myself."

"I have to wake up early."

Sip a single drink for hours.

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TIPS FOR THE PARTY HOST

WHAT TO BUY

If you plan to purchase alcohol, think about how much alcohol you actually need and avoid having excess alcohol.

This can decrease the risk of binge drinking but will also save you some money—money you could use to purchase the items on this sample grocery list:

PLAN TO CHECK IDs

If there will be alcohol at your party, plan to check IDs to make sure people are 21 years old or older.

THE "BAR"

Designate one sober person to be in charge of serving the alcohol.

Keep the alcohol out of sight of party guests. If the alcohol isn't easily accessible, people may be less tempted to drink too much.

Have non-alcoholic drinks like water, juice, or flavored carbonated water available for people who choose not to drink or for those who alternate their alcohol drinks with non-alcoholic ones.

GROCERY LIST

- WATER
- ICE
- NON-ALCOHOLIC DRINKS
- SMALL CUPS
- SNACKS
- PAPER TOWELS
- SMALL PAPER PLATES

Mocktail Recipe



STEP 1

Choose a juice. Try cranberry, pineapple, or orange juice.

STEP 2

Choose a carbonated beverage like ginger ale, Sprite, or club soda.

STEP 3

Shake, stir, or mix together.

STEP 4

Feeling fancy? Add a garnish like a slice of lime or some strawberries.

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