Getting Ready ...

Plan where you are going after the formal or party.

Tell a parent or a responsible adult where you are going.

Decide on a place to meet if separated or at the end of the night.

Carry friends’ mobile numbers.

Make arrangements to get home.

Smart Drinking ...

You don’t need alcohol to have a good time, so don’t feel pressure to have a drink.

Eat food while drinking.

Drink soft drink or water between alcoholic drinks.

If you are unsure about a drink, DON’T drink it.

When you buy a drink, watch the person behind the bar pour it.

Never accept a drink from a stranger.

Buy a drink in a bottle with a lid and don’t leave it unattended.

Getting Home ...

Have a plan to get home safely.

Don’t drink and drive.

Let your friends know you are leaving.

Meet your pre-arranged lift or catch a taxi home.

Travel in a group and if walking, keep to main streets and well lit areas.