



PARTYING SMART

Party smart is not a contradiction. You can have fun, entertain your friends, kick back and relax, and—yes, even drink alcoholic beverages—without violating the law, endangering yourself or others, or getting the police involved. So if you make the choice to party, be smart about it. There are simple choices you can make ahead of time to make sure you are making the right choices later.



Decide how you will get home before you go out.



Alternate alcohol with water to stay hydrated.



Eat before you drink.



Stick with your friends.

5 THINGS TO WATCH

1. Watch out for each other
2. Watch the pour
3. Watch how many
4. Watch and respect limits
5. Watch your drink

LEARN MORE:

Alcohol and Other Drugs Services
www.gvsu.edu/aod
(616) 331-2537

KNOW THE FACTS

MYTH: I can sober up quickly if I need to.

FACT: It takes about 3 hours to eliminate the alcohol of 2 standard drinks. Drinking coffee or cold showers will not help speed up the process.

MYTH: In college I have to drink to fit in.

FACT: There are many students across campus who choose not to drink. Find a club, group organization, or a friend that makes the same choices as you. If you do go to parties and choose not to drink, practice ways of saying no to your peers.

WHAT IS A STANDARD DRINK?

It is recommended that you have no more than one standard drink per hour.



BEER
4-5% ABV
12 oz



LIQUOR
80 proof
1.5 oz



WINE
5 oz