

# Before You Go Out For The Night

## Checklist:

- Ask yourself why
  - Before everything, ask yourself why you are drinking in the first place.
  - Are you drinking to avoid feelings of stress, sadness, anxiety, or anger? Alcohol can often make those negative feelings more intense, providing only temporary comfort.
  - Are you drinking to fit in? You may be surprised how many of your peers are not drinking.
- Who's driving?
  - Will someone from the group be your designated driver (DD)? Or will you have to call a ride share? Will you take the bus or another form of public transportation?
  - Have a backup plan in case your DD bails or ends up drinking.
- Don't forget to eat
  - Eating high protein foods, like a burger or salmon, before or during the festivities will slow intoxication and keep you level headed for a bit longer.
- Set a limit before you go
  - Determine a number of drinks that you feel comfortable consuming and stick to it! Designate a trusted friend to help you stick to your drink limit.
  - Keep in mind that binge drinking is defined as 5 or more drinks for men, and 4 or more drinks for women in a single setting.
- Avoid the pre-game
  - It's understandable that sometimes the pre-game may be saving you money from purchasing drinks at the bar or helps get you in the party mode, but it can also set you up to go beyond your limit for the night before you even leave the house.
  - Alcohol is not a pre-requisite for fun. If you want to join the party but avoid the liquor, fill your cup with a non-alcoholic drink, like juice, soda, or a mocktail, and no one will be able to tell what you're drinking.