



It starts with your decisions.

Choose – to take care of yourself and your friends

Choose – to not allow others to pressure you into drinking or drinking too much

Choose – if, when, how much, or how often you drink alcohol:

0 – if you are underage, pregnant, taking medication or driving

1 – no more than 1 drink per hour

3-4 – the total number of drinks on any one occasion

1-2 – no more than 1 to 2 times per week

Choose – to keep safe by not drinking to excess, by not driving after drinking and by not riding with a driver who has been drinking

Choose – to protect your health, your academics, your friendships, your future

The choices for a safe and healthy future are in front of you.

www.bacchusgamma.org
www.friendsdrivesober.org