

Party Smarter, Not Harder

One of the best ways to party smarter is preparing and staying committed to what you plan throughout the night! Here are some tips to help you and your friends plan and stay safe while partying.



- Eat before and while you're drinking! This helps slow down the absorption of alcohol.
- Plan a safe ride to and from the party before you get there. Ensure you and your friends are all together and have a safe ride home!
- Set a budget for your night! How much money will you spend on drinks? Food? Do you need to take an Uber home? Not only does this support financial wellness, it can also help you set limits on your spending and drinking.
- Go with a good group of friends! Ensure your own safety and the groups by holding each other accountable in your partying choices!



Wine



Beer

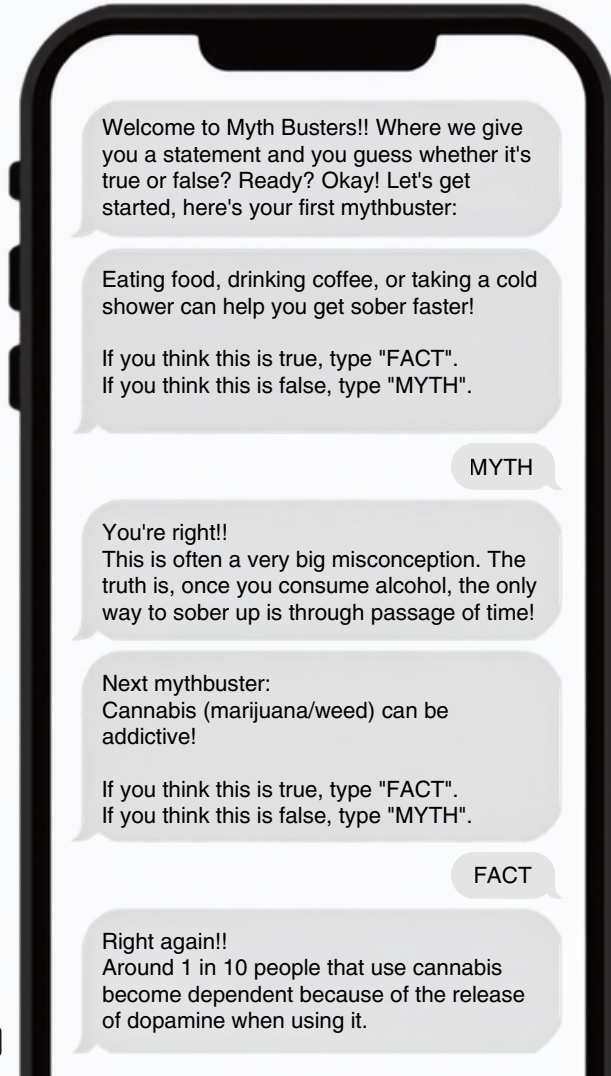


Liquor/ Spirits



Cooler/Cider

WHAT COUNTS AS ONE STANDARD DRINK?



Many students underestimate the effects and risks associated with alcohol and cannabis use. Understanding the impacts can help people make safer choices.

- Always **drink water**. Constantly being hydrated decreases the chances of dehydration and hangover symptoms.
- **Drink responsibly!** Always keep your drink with you or with someone you trust, and avoid mixing alcohol with other substances such as cannabis.
- Party with **people you trust**. Anything can happen throughout the night, so make sure you can depend on those around you for help.
- Give your body **rest**. After partying, make sure you drink water, eat, and get a good night's sleep! These are all things that help your body rehydrate, process alcohol, and recharge.

