

RESPONSIBLE DRINKING



Know your limit,
eat food before and
while you drink.



Skip a drink now and then and
substitute with a non-alcoholic drink
(have a glass of water in between
your drink, or sip on that between
sips of your drink).

Beware of unfamiliar
drinks.



Don't drink and drive.
Plan ahead for transportation,
appoint a designated driver.



No,
Thank
You!

Respect the rights of
individuals who do not
wish to drink.

