

101 Days of Summer: Alcohol Safety

Choose carefully. • Take responsibility in all activities. • Be a responsible party host.
Don't have your friends drink and drive. • Take your friends keys if they have too much to drink.
Take a taxi if you have too much to drink. • Alcohol blackouts are unsafe. • Drink water instead.
Mega drinks are unsafe (Long Island Ice Tea, Singapore Sling, etc.) • 1 drink per hour + water is safe.
Drink alcohol slowly. • Don't drink, drive, & text. • Know your surroundings. • Be a sober designated driver.
Safety first. • Stay sober. • Get plenty of rest before driving. • No binge drinking. • Eat before drinking alcohol.
Set a responsible drink limit. • Men = 2 drinks per day. • Women = 1 drink per day. • Ask for help.
Try not drinking this summer. • Don't drink & swim. • Save your money. • Learn how to stay sober. • Get help.
Do you really want to be drunk? • Don't be "That Guy" • Be a sober friend. • Alcohol + drugs + driving don't mix.
Be committed. Don't drink & drive. • Enjoy being clean and sober. • Smile. • Change your drinking habits.
Don't drink & mow the lawn. • PTSD + alcohol don't mix. • Zero DUIs/DWIs • Be free, alcohol free.
You booze, you lose. • Call 9-1-1 for medical assistance. • Say "NO" to drugs. • Think SMART! • Drug free, that's ME!
Never leave a Marine behind. • Make a zero tolerance policy for yourself. • Save a life. • Motorcycle Safety.
Know the risks of alcohol poisoning. • The life you save may be your own. Don't drink and drive.
Be the leader, don't drink. • Sober designated drivers save lives. • Know what is a standard drink.
Know what are prohibited substances. • Arrive alive. • Stay clean. Don't use drugs. • It's Ok not to drink.
Being alive is more important than being drunk. • Be a positive influence. • 0-0-1-3. • Honor*Courage*Commitment.
Drinking hurts families. • Visit your BN SACO. • A DUI/DWI cost too much money. • Drug abuse dissolves careers.
There is no honor driving under the influence. • The MVP is the designated driver. • Use the buddy system.
Alcohol and motorcycling leads to a dead end street. • Timeout: Quit drinking. • Call 9-1-1 for medical assistance.
Underage drinking is against the law. • People die from drinking games. • Marines don't let Marines drive drunk.
Take care of our own, be the designated driver. • Being a Marine is a 24/7 job. • Don't be a statistic.
Alcohol poisoning is passing out, confusion, vomiting, etc. • Report inappropriate behavior.
Energy drinks and alcohol is a dangerous mix. • Stay safe - avoid Booze n' Bull. • Someone is counting on you.
Energy drink + alcohol = TOTAL CONFUSION. • Alcohol impairs your judgment and reflexes.
Alcohol related crashes occur every 48 mins. (2009). • Make informed sound decisions. • Set money limitations.
Know the time limitations for work. • Make a plan prior to drinking. • Know how to get home after drinking.
Intoxicating drugs are drug abuse. • DUI/DWI includes intoxicating drugs. • It takes time to 'sober up'.
Never leave home without your designated driver. • Impaired drinking begins at BAC .02%. • Stay Drug-Free.
Alcohol is a depressant. Alcohol causes dehydration. • Drinking to feel "normal" is not normal. • Hugs not drugs.

Substance Abuse Counseling Center

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