**Tips for Reducing the Risks Associated with Drinking**

If you choose to drink, pace the rate of drinking by:

- Spacing the time between drinks
- Alternating alcoholic with non-alcoholic beverages
- Drinking slowly and avoid gulping
- Pacing your drinks by the hour

Moderate the effects of alcohol by:

- Eating before and while drinking
- Keeping track of how many drinks you are having
- Planning how much you are going to drink before stopping
- Avoiding drinking games
- Making sure alcohol is not the focus of your social life. Having a drink when you go out is different from going out drinking.

Optimize enjoyment & minimize harm by:

- Setting a limit based on BAC not to exceed .05
- Choosing not to drink
- Experimenting with drinking less and refusing drinks to keep your BAC down
- Deciding in advance how you will get home. Designate a sober driver, or have the phone number for a taxi service and carry plenty of cash
- Designating a sober “navigator” (when walking or taking public transportation)
- Being cautious of getting into sexual situations when you’ve been drinking. Alcohol intoxication sometimes leads people into sexual situations they would have avoided if they were sober. Excessive alcohol use has been shown to exacerbate problems with obtaining and interpreting sexual consent. (Finn, 1995)
- Knowing decisions to use condoms or other contraception can be influenced by alcohol intoxication. Forty-one percent of college students nationally reported they had engaged in sex after drinking alcohol without the use of condoms or other contraceptives they would normally use (CSAP, 1993; NIAAA Task Force Report, 2002)
- Never leaving a drunk friend alone at a party or allowing that person to leave alone or with someone they do not know.
- Avoiding alcohol if you are on medication
- Becoming familiar with drinking age laws and campus policies.