

PARTY SAFELY
a mini reference book



did you know?

Drinking & driving dont mix

- x 40% of teenage drivers killed in road crashes have been drinking
- x Males account for almost 90% of young seriously or fatally injured drinking drivers
- x Young drinking drivers are most likely to be killed or injured in summer and at night
- x Less than 10% of students report drinking and driving BUT about 25% say they have been a passenger with a drinking driver

did you know?

Using any drug & driving is impaired driving

- x Using marijuana along with alcohol intensifies motor skill impairment
- x Smoking marijuana before driving nearly doubles your risk of a car crash
- x More than 10% of students report using marijuana and driving and 15% say they have been a passenger with a driver who had used drugs

tips and tools

- ALWAYS:**
- ✓ Be aware of your surroundings
 - ✓ Have a buddy – safety travels in pairs
 - ✓ Let your family know where you will be and how to contact you
 - ✓ Have a back up plan (like sleeping at a friend's house)
- NEVER:**
- x Get into a car with a driver who has used drugs or alcohol

drink responsibly.
whats that?

- ✓ Not drinking until every member of the opposite sex looks cute.
- ✓ Knowing that you have a limit.
- ✓ Having control of your limbs and staying coordinated.
- ✓ Not waking up in your own puke.
- ✓ **If you can't remember or wish you could forget last night then you weren't drinking responsibly.**

true or false?

- ✗ *Vomiting is a sign of alcohol poisoning.*

TRUE: passing out, shallow breathing and difficulty awakening are all signs of alcohol poisoning

- ✗ *Teenage girls become intoxicated quicker than teenage boys.*

TRUE: gender plays an important part because girls have a higher percentage of body fat to water. Alcohol is water soluble, so less water in the blood means the alcohol concentration is higher

- ✗ *Its ok to put your drunk passed out friend to bed and leave.*

FALSE: Never leave an intoxicated person alone. If they are passed out, you may need to call for medical help.

- ✗ *The risks of injury, violence, having regrets about sex or unsafe sex and using other drugs increase with every drink you take.*

TRUE: Less is best. Binge drinking is five drinks or more and Canada's Low Risk Alcohol Drinking Guidelines suggest sticking to 2 drinks or less goes a long way to keeping you safe.