Drinking Strategies
... for a night that can be remembered

Plan ahead
- Know your goals for the night and share plans with friends on when to stop and how you’re getting home. This is both an accountability system and a safety network
- Stay with your friends until the end of the night

Keep Track
- Use strategies such as texting a friend, marking your hand, or moving a penny from one pocket to the other after each drink. Don’t pass your pre-set max.

Measure
- Know the standard drink sizes so you can count your drinks accurately
- Prepare any mixed drinks yourself and properly measure the liquor amount

Pace and Space
- One standard drink of alcohol per hour helps reduce risk of reaching a dangerous BAC. Remember, it’s a marathon not a sprint.

Include Food
- Eat a substantial meal before drinking to better metabolize the alcohol

Know your “no”
- How will you turn down a drink when you don’t want one?
- Remember your True Blue!

For more resources visit “ReThinking Drinking” at http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/
Or DUWELL’s website at studentaffairs.duke.edu/duwell
Building your skills

Remember, it’s your choice whether or not to drink and when you’ve had enough to drink.

Here are some examples of drink refusal strategies that Duke students report using:

“No, thanks”
“I’m trying to get ripped. A 6-pack of beer isn’t good for my six-pack”
“I have an 8am test tomorrow”
“I already have a drink”

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Script your “no”
Write a script in which you stay in control of a situation when someone offers you a drink when you’re not interested or you have had enough to drink. Write a series of firm responses that are short, clear, and simple.

Imagine a specific situation in which someone offers you a drink.

1. My response:
2. Person persists by saying:

3. My next response:
4. Person continues to persist by saying:

5. My next response: