

10 Ways to Party Smart

People 21 of age and older:

Keep Track of Your Drinks: Plan for how much you are going to drink and stick to it. There are lots of apps that you can use to track your drinks, Blood Alcohol Content (BAC) and alcohol-related caloric intake.

Take Your Time: Don't consume large amounts of alcohol in a short period of time. Aim for drinking one drink per hour.

Drink Water and Eat: Drink water and eat food before, during and after consuming alcoholic drinks. It can help to control your buzz and rehydrate your body while reducing the risk of a hangover.

Do You: Don't try to keep up with others who are drinking more. Do your thing and enjoy the night. Try an alternative like soda with lime if you want to take a break while keeping up appearances.

Plan Your Rides Ahead of Time: Partying smart means planning safe transportation, and never driving after drinking. Always plan how you will get to and from the spot. [Lyft Ride Smart](#) is a smart plan!

Know Where Your Drink Is and Where It's Been: Always keep your drink with you and only accept drinks you've poured or bought.

Be Careful When Mixing Alcohol and Drugs: Make informed decisions. If you don't know how alcohol interacts with a substance, it's not worth the risk. If you have a new prescription, talk with your doctor or pharmacist about how it will interact with alcohol.

Keep Your Friends Close: Go out with people you trust and stick together. When it's time to leave, make sure the entire group is still together.

Avoid Drinking When You're Upset: Using alcohol or drugs to deal with unwanted emotions is a slippery slope. There are plenty of positive ways to cope. [View a list of support resources here.](#)

Only Drink When You Really Want To: Not sure if you're feeling it tonight? [Check out something else to do around campus](#) or enjoy a night in.

Source: Spring 2020 American College Health Association
National College Health Assessment

10 Ways to Host a Smart Party

Have a guest list: Don't host open invitation parties. You want to make sure you know everyone in and around your home. The more people you don't know at your party, the greater potential for unexpected outcomes.

Provide Alternatives and Food: Help your guests have a great night by providing water, alternatives to alcohol and food that will help them control their buzz and feel better the next day.

Help Your Guests Make a Plan to Get Home: Remind guests about safe transportation like [Lyft Ride Smart](#), other rideshare programs and buses.

At the End of The Night, You're Ultimately Responsible: Remember you're responsible for your guests. If they aren't respecting you, your property and the community, it may be time for them to go.

Alcohol and Heights Don't Mix: Don't overcrowd balconies or someone could fall off or the balcony collapse. And, keep guests off the roof!

Be a Good Neighbor: Prior to your party, make sure to notify neighbors and consider exchanging phone numbers if it feels safe, so they can reach you if anything comes up.

Don't Let the Party Become a Nuisance: Keep guests and music at a reasonable volume.

Be Mindful of Where the Party Goes: Make sure the party stays in your yard and not on the sidewalk, in alleyways or on your neighbors' property. Consider what barriers can be used to ensure guests remain safe.

Your Party Your Mess: Respect your neighbors, your landlord and the community by cleaning up after the party.

Put Your Things Up: Secure all your valuables before guests arrive. If possible, lock all private bedrooms, and ask guests to remain in spaces you're comfortable sharing with them.

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National College Health Assessment