

1. **NO ALCOHOL OR OTHER DRUGS NEEDED.** Let's face it. You know you don't need alcohol or other drugs to have fun. It's not only safer without it; it's also more memorable.
2. **PLAN OF ACTION.** Decide in advance how you'll make smart choices and deal with anyone who pressures you to drink or do something you don't want to do
3. **HEADING HOME.** Don't get started until you have a plan and money for getting home safely. Never ride with anyone who's been drinking, doing drugs or is tired. And, of course, don't even think about drinking and driving yourself.
4. **LEADER OF THE PACK.** Be a trendsetter – convince your friends that not drinking at parties is the way to go. Put your creativity to the test to come up with original party activities and themes. Consider karaoke, costumes, games, prizes, contests, great music and dancing relating to a theme.
5. **IT'S YOUR PARTY.** Let guests know what your party ground rules are – ahead of time. Keep your eyes open and don't hesitate to ask an adult for help if there's a problem. Remember that, if someone at your party gets impaired, leaves and gets hurt or hurts someone else, you could be held liable.
6. **WATCH THE CUP.** Always keep your eye on your drink. Never set it down then drink from it later, especially in a public place. You never know who's slipped what into it.
7. **SAFETY IN NUMBERS.** The buddy system works wonders when it comes to party going. Travel in packs or at least with one or two reliable friends.
8. **MISSION IMPOSSIBLE.** Don't even think about asking someone of legal drinking age to buy alcohol for you. If they're caught, they could face huge fines or up to a year in jail.
9. **A DRINK IS A DRINK IS A DRINK.** Remember that a standard beer (12 oz., 5% alc./vol.), glass of wine (5 oz., 12% alc./vol.) and mixed drink (1.5 oz. of spirits, 40% alc./vol.) all contain equal amounts of alcohol. If you have five or more drinks in one sitting, you're binge-drinking, which can lead to alcohol poisoning and be fatal.
10. **IN CASE OF EMERGENCY.** Keep emergency numbers and a first-aid kit handy. Never hesitate to call the police if things get out of hand. Remember that if someone passes out, never leave them alone to sleep it off. They could be suffering from alcohol poisoning. Call 911 immediately and turn them onto their side, with their head on its side as well, to prevent choking if they vomit.