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You can be responsible and have fun too! Partying responsibly is not a contradiction. This bulletin board will let you know how to have a good time and be safe too!

Pre-Party

- Be sure you know the person or people throwing the party
- > Be sure that you were invited
- ➤ If you plan on drinking, decide how many you are going to have and stick to that number or have less
- > If you plan on drinking, eat a meal before going out
- > Know whom you are going with
- Plan how you and your friends are getting home
- > Keep your valuables at home
- > Always let someone know where you are going and when you should be expected



Party Time

- Keep your drink cup with you at all times. If you lose sight of your cup (even for a few seconds), get a new one. Club drugs are easy to slip into a drink.
- > Keep track of how many drinks you've had.
- > Know your limits. If you are going to drink, have a friend be sure that you aren't over-indulging yourself.
- Realize that it is okay to say "no thanks" if someone offers you a drink.
- > Respect the party throwers' rules and requests.



Party Time

> If you are drinking, alternate alcoholic and non-alcoholic drinks.

> Drinking should not be the focus of your having a good time at the party.

Use the Buddy System to monitor your drink intake or keep you from flirting or hooking up with someone your friend knows you will regret outside of the party situation.

> Trust your instincts. If you start feeling extremely drunk and you know that you shouldn't, turn to your buddy and get out of the party.





Smart Party Essentials

Games

> Providing your guests with games to play at your party is a great way to ensure that everyone is having fun and staying out of unwanted trouble. Be sure the games you play don't focus on drinking because that is one of the main causes of binge drinking accidents on college campuses.

Mocktails

Keep in mind that not everyone at your party will be into drinking alcohol. Having non-alcoholic drinks available will show your guests that you are a responsible host.

Food

A responsible party host will not allow their guests to go hungry or drink alcoholic beverages on an empty stomach.

SAFER SEX ON THE BEACH



- 32 oz cranberry juice
- 32 oz pineapple juice
- · 8 oz club soda

 Few drops of peach extract

DOMER DELIGHT

- 1 1/2 cups strawberry daiquiri mix
- 1/2 cup lemonade concentrate
- 1 cup ginger ale
- 1 cup ice



SALSA DIP

- Two 8oz pkgs cream cheese
- 1 med jar salsa
- Let cream cheese come to room temperature.
- Put in bowl and beat with mixer or spoon until fluffy.
- Serve with chips or veggies.



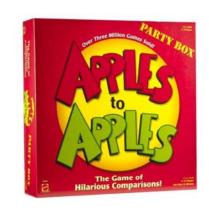
CHOCOLATE COVERED PRETZELS



- 1 pkg milk chocolate chips
- 2 tbsp shortening
- Pretzels
- Melt chocolate chips in double boiler or microwave.
 Add shortening & mix well.
- Dip pretzels in chocolate. Place on wax paper or wire racks to dry. Chill and serve.

Games

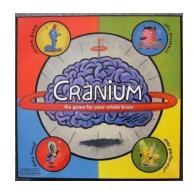
APPLES TO APPLES— A little game of Apples to Apples is a great way to get your party started. This board game can be found at any store like Target or Wal-Mart.





CATCH PHRASE— This word guessing party game gets people talking with each other and is fairly inexpensive.

CRANIUM— This board game includes a wide variety of activities. It can be found at stores like Target and Wal-Mart.



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