

# Responsible drinking

Helping people make informed choices about alcohol.



## Enjoying Parties

Parties should be fun – if you follow our guide.

Parties are great opportunities to relax and have a great time with friends – and to make new friends.

### **Do . . . Know your drinking limits**

It's one thing to enjoy a few drinks and dance all night, quite another to drink too much and do something you regret. Drinking sensibly can be a part of a memorable evening. Drinking beyond your limits can lead to a night you'd rather forget – or a night you can't remember at all.

### **Do . . . Book a taxi or nominate a driver**

Book a taxi or nominate a driver to stay sober before you leave for the party. Drinking and driving can be lethal. It's also a crime. Don't put yourself in a position where you may be tempted to try it.

### **Do . . . Be sure a telephone is available**

Always bring a fully charged mobile phone with you. If you do not have a cell phone, be sure that a telephone will be available in the event of an emergency.

### **Do . . . Have something to eat**

Enjoying a drink with a meal is not only a great way to share a special moment

with friends, it's also the best way to spread out your drinking and moderate your absorption of alcohol.

### **Do . . . Look out for your friends**

If you can see they've been drinking more than is good for them, a little friendly advice to switch to a non-alcohol beverage might be enough to stop them from doing something they shouldn't. And of course, if your friend has consumed excessively, don't let them drive. Provide them with a safe ride home instead, being sure not to leave them alone when they get there.

### **Do . . . Keep an eye on your glass**

It's very easy to lose track of how much you've had to drink if your glass is being topped up before you've had a chance to empty it.

### **Don't . . . Get dehydrated**

Frantically drinking glass after glass of water at the kitchen sink when you get back from the party isn't going to stop you getting a hangover if you've been drinking all evening. Alternating every alcohol drink you have during the evening with a glass of water or other soft drink, on the other hand, will prevent dehydration and make

the night, and the morning after, much more enjoyable.

### **Don't . . . Be pressured into drinking more than you want**

If you don't want to join in with a drinking game or drink more than you usually would, you don't have to, no matter how much pressure you're put under by your friends.

### **Don't . . . Leave your drink unattended**

To protect yourself against drink spiking, drink beer from a bottle or a can and never leave your drink unattended.

### **Don't . . . Drink from a communal, unattended container**

Punch bowls are lovely, but easy for others to slip something in while others are not looking. It is safest to drink from a can or bottle and keep a close eye on it.

### **Don't . . . Forget that you won't be your best if you have been drinking more than is good for you**

If you want to get to know somebody better or make new friends, you will be much more likely to make a good impression if you don't overdo it. And you will remember what you talked about the next day.

### **www.aboutalcohol.com**

**These sites contain further information that you may find useful.**

### **Other websites**

[www.alcoholinfo.nl](http://www.alcoholinfo.nl)  
[www.jellinek.nl](http://www.jellinek.nl)  
[www.trimbos.nl](http://www.trimbos.nl)  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
[www.aa-nederland.nl](http://www.aa-nederland.nl)  
[www.tactus.nl](http://www.tactus.nl)

[www.alcoholondercontrole.nl](http://www.alcoholondercontrole.nl)  
[www.spreekbeurten.info/alcohol](http://www.spreekbeurten.info/alcohol)  
[www.alcoholenik.nl](http://www.alcoholenik.nl)  
[www.stichting-be-aware.nl](http://www.stichting-be-aware.nl)  
[www.verslaving.nl](http://www.verslaving.nl)  
[www.laetzenietverzuipen.nl](http://www.laetzenietverzuipen.nl)



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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