



DrinkingAndDriving.Org

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Some people don't need friends to drink with

Get home, pop open a beer, and drop on the couch for a bit. The very best thing you can do if you like to drink alone, is to just drink at home and not go out at all.

*But if you are going to go out drinking on your own, be it to a friend's apartment or your favorite nightclub, you need to make a plan that gets you back home safely. Therefore, we strongly suggest you start by reading the following lessons from *The DUI Avoidance Lesson Plan ...**

**DUI – A Costly Mistake
Get a Ride
Get a Room**

Then, following these rules in this brochure will help keep you out of trouble.

Visit

*DrinkingAndDriving.Org
for more information on
how you can prevent
drunk driving*



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*Our mission is to teach
and inspire the prevention
of drunk driving.*

**90% of All Drunk Driving
Happens After Drinking with
Family, Friends, and
Coworkers.**

**Don't Let Drunk Driving
Happen Right in Front of You!**



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Party of One



BE PREVENTION

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Make a Plan

Stick to the Plan



Before Partying

- Know where and why you are going out to party. What's the setting? After you drink, will there be an opportunity to wait for alcohol to wear off before driving home? Can you spend the night where you are going? Should you be extra cautious about how much you drink?
- Be Prepared with enough spending power for a taxi, or even a cheap hotel.

- Is Public Transportation an option?
- Is there a Designated Driver Service available in your area?
- Find out if a hotel is within walking distance of where you will be.

While Partying

- Know how much you are drinking and how it affects you.
- Get a second opinion. You are NOT a good judge of how drunk you are!
- If you've visited our website and made a plan, stick to it!
- Know your available options.
- Know when to stop drinking. If you must drive, leave enough time for the alcohol to wear off. Realize this can take at least 45 minutes per drink.



After Partying

- Wait as long as possible before driving.
- Do not wait in your car. It is possible to be arrested for DUI even if you are sleeping it off in the back seat.
- If you need more time before driving, but you need to leave where you are, remember to think of your alternatives.
- Remember the contact in your phone for the taxi.
- If necessary, get a room. Hopefully you checked out what was available before partying.
- Thank your taxi driver, hotel clerk, or anyone who helps you get through the night safely

Party of One is part of The DUI Avoidance Lesson Plan found at <http://www.drinkinganddriving.org/lessons/>

This brochure and others are available for download on our Print and Share Page.

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