



# It starts with your decisions.

**Choose** – to take care of yourself and your friends

**Choose** – to not allow others to pressure you into drinking or drinking too much

**Choose** – if, when, how much, or how often you drink alcohol:

0 – if you are underage, pregnant, taking medication or driving

1 – no more than 1 drink per hour

3-4 – the total number of drinks on any one occasion

1-2 – no more than 1 to 2 times per week

**Choose** – to keep safe by not drinking to excess, by not driving after drinking and by not riding with a driver who has been drinking

**Choose** – to protect your health, your academics, your friendships, your future

**The choices for a safe and healthy future are in front of you.**

[www.bacchusgamma.org](http://www.bacchusgamma.org)

[www.friendsdrivesober.org](http://www.friendsdrivesober.org)