



# TIPS FOR RESPONSIBLE DRINKING

## Learn Your Limit




Do not pretend to be strong in drinking! Many overestimate their capacity and are sent to hospitals at the end of the story. You may learn your limit by drinking a bit with someone who can take care of you after you get drunk, like your family and friends, and ask them to observe your behavior change after a few drinks. Letting them take videos to verify their observations is a good way to persuade yourself of your limit.

## Get Your Stomach Ready




Alcohol on an empty stomach is absorbed quickly into the bloodstream. Eating a high-fat, high-protein dinner before you start drinking can help prevent you from getting wasted. When you are allowed to drink water, snacking in between drinks can also help.

## The One Who Stands Wins




People who are drinking aren't necessarily monitoring everyone else's intake. If you don't feel well, let's try to skip a few rounds or pretend to drink by holding the drink without gulping. The winner is always the one who does not fall at last, not the one who drinks the most.

## Clean All Your Stuff



Many rubbishes must be left after drinking, such as bottles or packaging. You should also clean all your vomit and spill on the ground. You enjoy it, and you pay for it. That's fair!

## Stop Your Drunk Friends



Drunk people often lose self-control and may unconsciously annoy strangers. If your friends do so, please don't just take a video of them. Stopping them is much more critical.

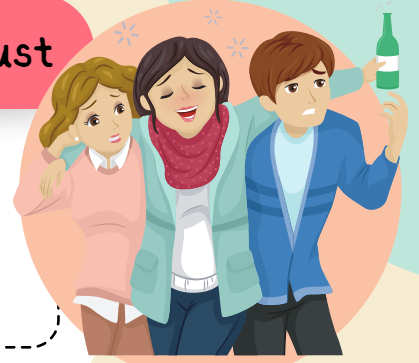
## No Drink Still Life



When many start to drink, they will consume it on every occasion, even at an ordinary dinner with a friend. But remember, it doesn't matter with drinking. Social life is not about drinking; it is about yourself. If you seek alcohol too often, this may be a syndrome of alcohol abuse. You should seek help from your family immediately.

## Tell Someone You Trust

Though most people drink on public occasions, sometimes you may want to drink it alone. In that case, you'd better tell a partner or friend when you will be back in advance and report to them on time so they can ask for help when an emergency happens.



## Beware of Your Health

Alcohol is not simply a drink but can be toxic if you drink too much. Binge drinking can lead to vomiting, heart attack, and passing out. It can also lead to accidental injuries or falls; and a risk of non-consensual sex. Drinking can also lead to reduced attention span, slow reaction, as well as deteriorating memory.



## Say No When You Don't Want

Drinking is not a MUST in your university life. It's always up to you. So if you don't want to drink, do not hesitate to say no to your friends. Good friends will always respect your choice.



## References

- WebMD. (n.d.). Binge drinking: Health effects, signs, and prevention. WebMD. From <https://www.webmd.com/mental-health/addiction/binge-drinking>