

PARTY TIPS FOR STUDENTS

**PLAN AHEAD TO
STAY SAFE!**



NO ALCOHOL REQUIRED.

Remember, you don't need alcohol to have a good time. Not only is it safer without drinking, but it's also more memorable. Just think - no regrets, humiliation, hangover or loss of self-respect to deal with the next day.

A DRINK IS A DRINK IS A DRINK.

If you're 19 or older and choose to drink, remember that a 12 oz. beer (5% alc./vol), a 5 oz. glass of wine (12% alc./vol) and one mixed drink with 1.5 oz. of spirits (40% alc./vol) – standard serving sizes – all contain the same amount of alcohol. So it's not safer to stick to beer or coolers.

DRINKING GAMES:

Drinking games are contests or challenges during which a maximum amount of alcohol is consumed in a very short time. The practice is also called binge drinking. Binge drinking can lead to severe intoxication and alcohol poisoning. Drinking games can be deadly!

WATCH YOUR DRINK.

Keep an eye on your drink. It's not a good idea to set it down then drink from it later, especially in a public place. You never know who's slipped something into your drink.

BE PREPARED.

Plan how you'll deal with pushy friends who may pressure you to drink or do something you don't want to do. Be

prepared to say "NO" (over and over again if necessary), change the subject, give a witty response, or just walk away.

SAFETY IN NUMBERS.

The buddy system is smart when it comes to party going. Plan to attend with one or more reliable friends. Remember what you've learned in school about drugs and alcohol, decision-making and refusal skills.

PLAN AHEAD.

If you're going to a party, plan how you're getting home. Never take a ride from someone who's been drinking, doing drugs or is just plain tired. Call home, a trusted friend or relative for a ride or take a taxi. If you're really stuck, spend the night, provided you know the host.

MISSION IMPOSSIBLE.

Don't even think about asking someone of legal drinking age to buy alcohol for you. If they're caught, the legal consequences for them could be severe.

*For more information, contact:
Yukon Liquor Corporation
9031 Quartz Road,
Whitehorse, YT Y1A 4P9
Phone: 667-5245*

*Toll free: 1-800-661-0408 ext. 5245
Fax: (867) 393-6306, or
e-mail: yukon.liquor@gov.yk.ca.*

*Adapted with permission from the
Liquor Control Board of Ontario*

PARTY TIPS FOR PARENTS

**PLAN AHEAD TO
KEEP YOUR
KIDS SAFE!**



WHAT'S THE PLAN?

Learn your kid's plans in advance. Know where they'll be and with whom. Ensure they've thought through how to deal with difficult situations and how they'll be getting home.

TALK IT UP.

Talk with other parents and school officials about how to ensure safe activities. Talk with other parents about their kid's parties. Their experience could be invaluable.

SNACK ATTACK.

If you or your child is hosting a party, provide a variety of snacks and non-alcoholic drinks.

TAKE STOCK.

Always know how much alcohol there is in your home. Put bottles away after use so you don't send your kids the message you'll be going back for numerous refills and try not to make your liquor cabinet the focus of any given room.

YOUR RESPONSIBILITY.

Remember, it's illegal to serve alcohol to those under 19. Make it clear you won't tolerate underage drinking, excessive drinking by adults, or drinking and driving. If you host a party, you're responsible for your guests' behaviour until they're sober, even after they leave your party. If they are involved in a crash or hurt someone, you could be

held liable. You may want to check on your home insurance policy to be sure your liability coverage is sufficient. Never hesitate to call the police should things get out of hand.

FOLLOW THE LEADER.

Behaviour speaks louder than words. The best way to teach your kids about responsible alcohol use, besides talking, is to set a good example. Set rules about alcohol and ensure your kids know they are not to be broken.

WATCH THOSE NUMBERS.

If there's going to be a party at your house, consider setting a limit on the number of guests. Some form of adult supervision, or security for larger parties, is a must. Work with other parents, the school or community members to discourage or prevent "bush" parties, which can easily get out of hand.

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