so, you’re attending a party

Wellness & Prevention Services

Before the party...

- Eat a full meal before you start drinking.
- Set a drink limit, before you go out.
- Go to the party with friends, and stick together.
- Plan how you will get home after the party.

During the party...

- Space drinks out by alternating with water.
- Pour your own drink and never leave it unattended.
- You can still have fun even if you don’t choose to drink alcohol.
- Watch out for your friends, say something if you’re uncomfortable.

Remember standard drink sizes!

One standard drink is equal to...

- Wine: 5 oz
- Beer: 12 oz
- Liquor 80-proof: 1.5 oz
- Red plastic cup: 2/3 full of beer

After the Party

Store these numbers in your phone and stay safe:

BUPD: (617) 353-2110
BUPD Anonymous Tip Line: text TIP411 using keyword BU
Security Escort Service: (617) 353-5498
Boston Cab: (617) 536-5010
Metro Cab: (617) 782-5500