



Tip Sheet for *Young Adults*

- 1** Understand the Impact: Be aware of how often young adults are involved in alcohol-related crashes.

- 2** Utilize Technology: Use ride-sharing apps or public transportation, especially during risky times.

- 3** Be a Responsible Host: Offer non-alcoholic drinks and ensure guests have safe transportation.

- 4** Watch Out for Friends: Prevent friends from driving if they seem impaired.

- 5** Know Your Limits: Avoid driving if you've been drinking, regardless of feeling below the legal limit.

- 6** Understand BAC Levels: Learn about Blood Alcohol Content and its effects on your body.

- 7** Avoid Peer Pressure: Resist pressure to drink or drive afterwards.

- 8** Stay Informed About Substance Effects: Know how various substances including prescriptions and marijuana affect driving.

- 9** Plan Your Nights: Plan how to get home safely before drinking begins.

- 10** Support Friends in Recovery: Support sober choices in social settings.

- 11** Limit Alcohol Intake: Set personal limits on alcohol consumption, especially when you know you have to drive.

- 12** Host Safety: As a party host, keep a list of cab companies or have a designated driver ready to assist guests.

- 13** Legal Education: Familiarize yourself with state laws and penalties for DUI to understand the full impact of legal infractions.

- 14** Safe Parking: When going out, park in a place where you won't be blocked in, making it easier to leave if your driver has been drinking.

- 15** Community Resources: Utilize community resources like local sober ride programs available during holidays or on weekends.

