SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Safe and Sober Celebrating

For Hosts

- Collect car keys from guests as they arrive, and return them to only those guests who are not impaired
- Offer alcohol-free beverages and plenty of food so guests have alternatives to alcohol
- Ensure guests leave sober or with a sober designated driver, or call a cab for guests without a ride
- Keep alcoholic beverages off limits to all guests under the age of 21

For Guests

- Make a plan; designate a nondrinking buddy and give them the keys
- Prearrange a taxi service or have the numbers for local cab companies programmed into your cellphone
- Rotate designated driver responsibilities and, if no one else volunteers, speak up and offer to stay sober

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