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Tips to stay safe while drinking and avoiding binge drinking

Kelsey Rogers

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Facebook Post: Tips to stay safe while drinking and avoiding binge drinking.

- ✓ Know your limit on drinking
- ✓ Slow down while drinking
- ✓ Make sure you are eating something
- ✓ Be aware of what is in your drinks
- ✓ Only accept what you want to drink
- ✓ Find a designated driver

These are all tips for a college student to know. College students need to remember their age and know it is illegal to drink any alcohol until the age of 21. Stay safe and remember these tips next time you go to pick up a beverage.



The Deadly Consequences of Alcohol Abuse in College. (2015). Clarity Way