



# Alcohol Awareness Project

## Planning Your Social Event

### For Graduate and Professional Students

#### A social event should:

##### **provide refreshments.**

Include snacks high in protein and carbohydrates like meat, cheese, bread and crackers which minimize the effects of alcohol. Avoid salty snacks that increase thirst and the desire to drink more.

##### **monitor drinking.**

Guests who are intoxicated should not be served alcohol. Management, servers and security staff should monitor guest behavior for signs of intoxication.

##### **prevent pricing that promotes intoxication.**

Prices should be set so as not to encourage heavy consumption. The sale of drinks should not encourage the service of more than one drink to a guest at one time, two-for-one specials encourage people to drink quickly and makes it difficult for them to monitor their level of intoxication. Time limited specials that pressure people to drink quickly should be avoided. All-you-can-drink specials and open bars often encourage the over consumption of alcohol.

##### **have trained bartenders distributing drinks.**

The amount of alcohol in a drink effects the level of intoxication. Drinks should be standardized so that individuals can gauge their level of consumption.

##### **have a way for people who are drinking to get home.**

Providing transportation or planning for ways in which people can get home prevents drunk driving.



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