

# 10 WAYS TO INTERVENE

Here are some pro-active ideas to keep high-risk drinking from beginning or continuing with a friend:

## in High-Risk Drinking Situations



#1

Be direct: ask your friend how they are feeling and acknowledge that you notice that they have had a lot to drink

#2

Have a check-in partner throughout the night

#3

Hand your friend some water

#4

Offer to make them a mixed drink, but, don't add the alcohol

#5

Ask for a sip of what your friend is drinking and, then, keep the drink

#6

Remind your friend that you have their best interest in mind

#7

If you guys are dancing, remind them that it is hard to dance with something in your hand and they could put down their drink

#8

If you are 21 and older, hosting a party, have nonalcoholic drink (like water) and snack options

#9

If you are in a crowded space, let your friend know you want some fresh air, and would like if they came along

#10

Be honest: Say you feel like they are drinking a lot and you want to walk them home or go to Sayles and get some food