

If you decide to drink over Spring Break, please remember the following:

Moderation: There is no point in getting completely wasted. The best Spring Breaks are the ones you can remember.

Be Aware: How many drinks have you had? How much alcohol is in them? Who gave them to you?

Space Them Out: Try having a glass of water between each drink. It keeps you hydrated and you spend a lot less cash!

Eat Before You Drink: Make it more than just a bag of chips.

Have a Plan... And a Back Up Plan: How are you getting there? How are you getting home?

Have a Safe Spring Break!



Don't be **that** guy.

www.dontbethatguy.ca

Don't be **that** girl.

www.dontbethatgirl.ca

University of Windsor
Campus Alcohol Policy Committee

