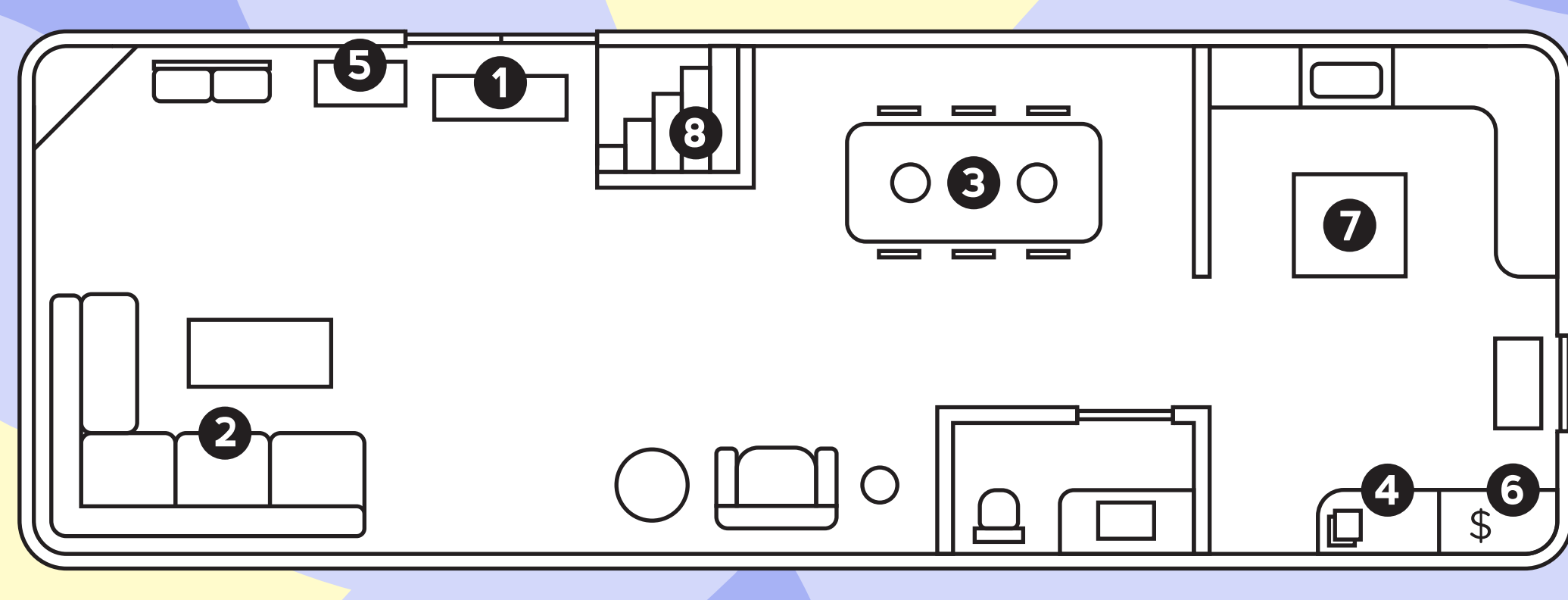


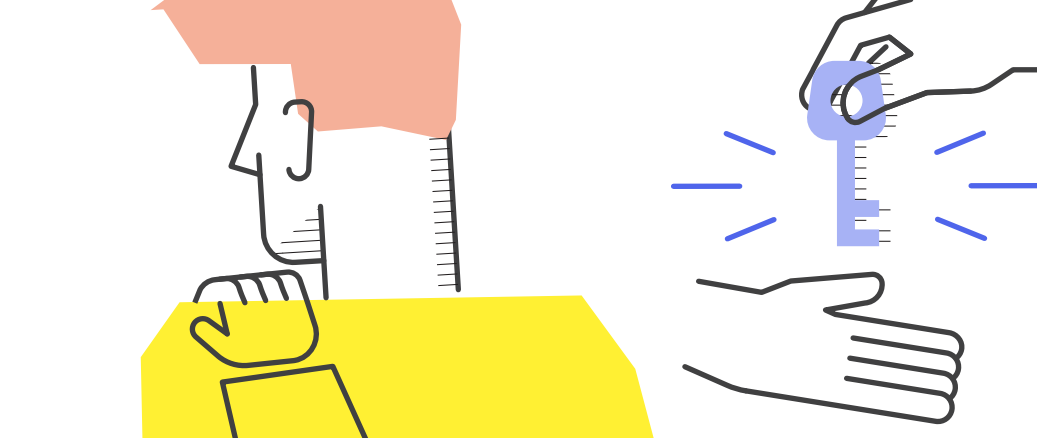
THE GOOD-HOST CHECKLIST



8 Tips to Ensure Your Guests Have a Post-Party Plan

1 HELP GUESTS MAKE GOOD DECISIONS

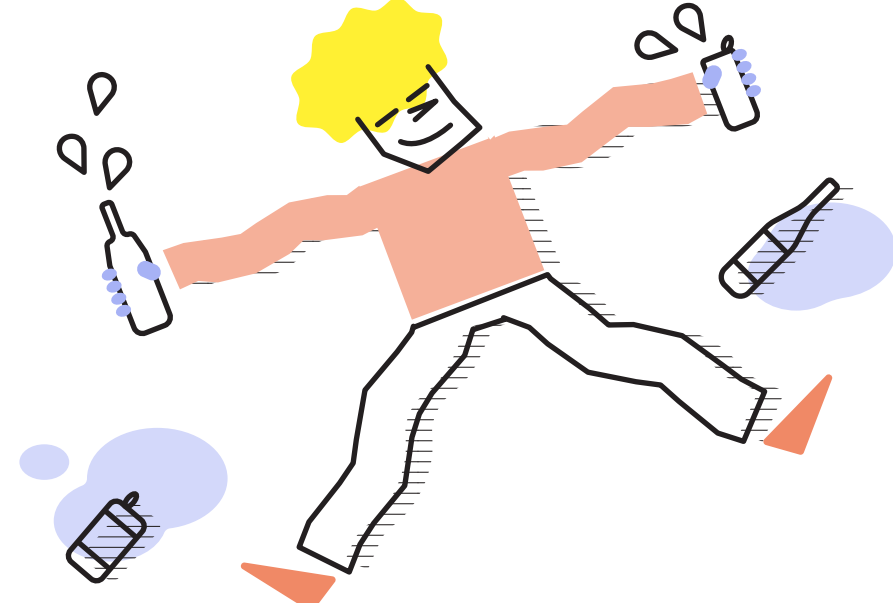
If one of your guests is showing signs of belligerence, intervening before they make a poor decision can save a friendship—and maybe even a life.



They'll Thank You Later



74% of drivers agree that using prescription or illicit drugs has a negative impact on safe driving—women (77.6%) more than men (69.7%).¹



2 PAY ATTENTION TO BEHAVIOR

As a party host, it's your responsibility to keep an eye out for clues that indicate a guest is intoxicated. And if underage guests show up, make sure they steer clear of the booze.

Look for Signs of Intoxication²



Loss of inhibitions:

Relaxed, talkative, or displaying mood swings.



Impaired judgment:

Acting out of character or behaving in a socially unacceptable manner.



Slowed reactions:

Glassy, unfocused eyes and an inability to focus.

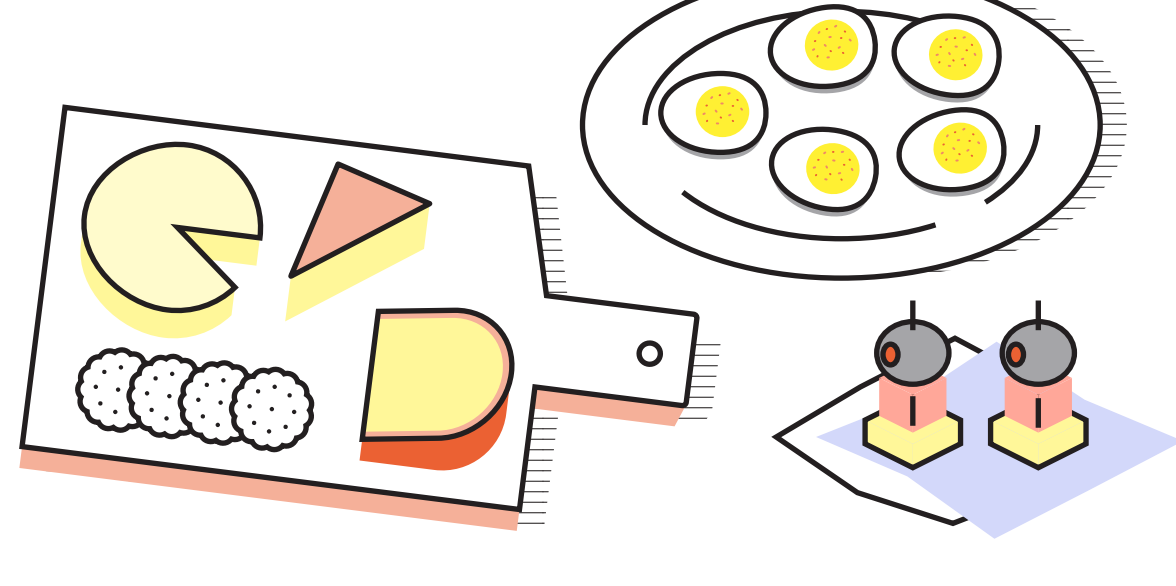


Loss of coordination

Staggering, stumbling, or spilling drinks.

3 OFFER PLENTY OF FOOD

A party isn't a party without protein-rich snacks to munch on. Plus, they can help slow the alcohol absorption process.

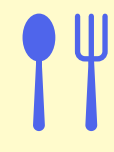


How Food Intake Affects Peak Blood-Alcohol Levels³



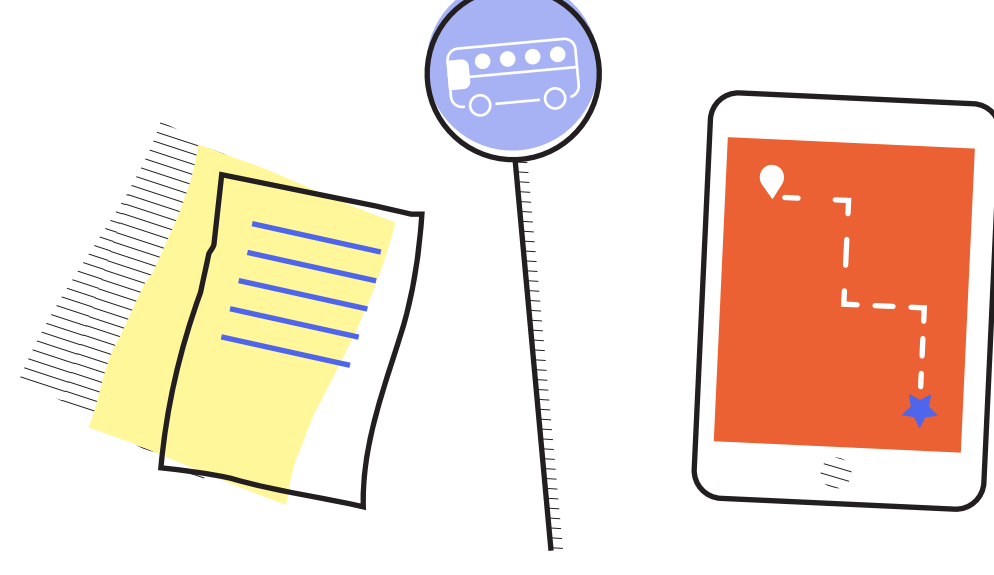
Without food:

May reach peak between 30 minutes and 2 hours of drinking



With food:

May reach peak between 1 and 6 hours of drinking



4 HAVE TRAVEL INFORMATION HANDY

Before the party even starts, give your guests the info they need to make alternative travel arrangements, such as local taxi service numbers and public transit times. Consider including that information in your invites.



Download the free STOP-DWI Have a Plan mobile app, available for iPhone, Android, and Windows Phone, at www.stopdwi.org/mobileapp.

Don't Let Them Get Behind the Wheel⁴



8,998 impaired driving crashes in New York State in 2015



36,784 arrests in New York State for impaired driving in 2015

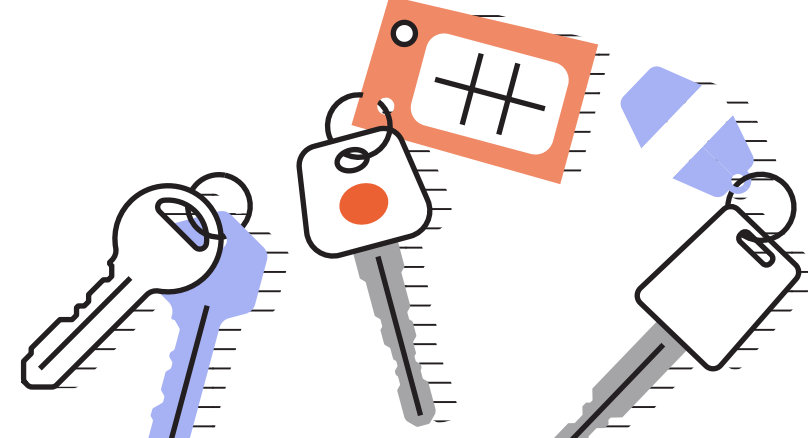


530 impaired driving fatalities in New York State in 2015

*Data includes both alcohol-involved crashes and crashes involving drugs other than alcohol.

5 COLLECT KEYS AT THE DOOR

When guests arrive at your door, ask for their keys and put them in a box or basket out of view. At the end of the night, ensure your guests have a plan to get home safely that doesn't involve an impaired driver getting behind the wheel.



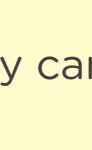
Trust Your Gut¹

When asked at what point they can no longer drive safely:



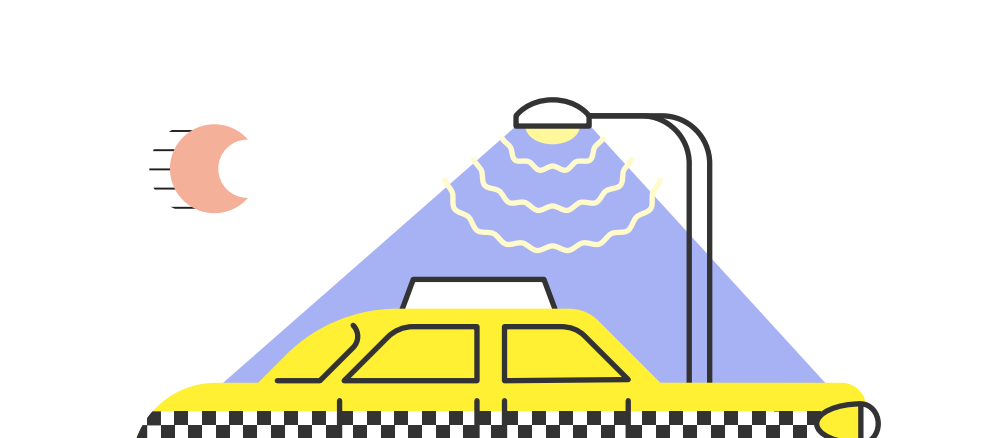
Women:

After 1 drink



Men:

After 2-3 drinks



6 START A CAB FUND

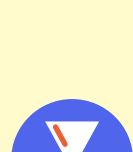
Pass a hat around and ask guests to chip in \$1-\$10 for anyone who might have had one drink too many. If there's money left over, plan a party game for the end of the night and divvy up the winnings.

7 DESIGNATE A BARTENDER

Put someone in charge of mixing and serving measured drinks. But first, make sure the bar is stocked with both alcoholic and non-alcoholic options.



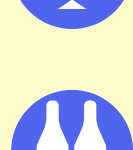
4 Perks of Having a Party Pourer



Ensure responsible drinking



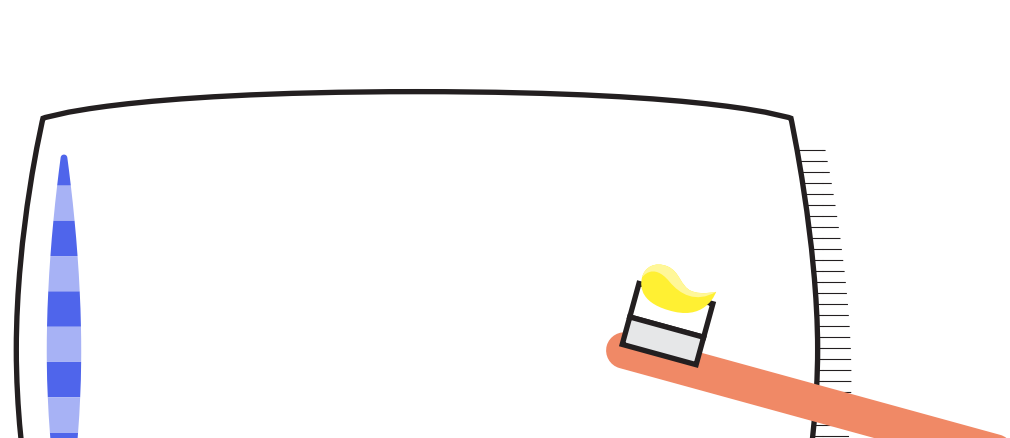
Initiate water breaks



Serve fun alcohol-free options



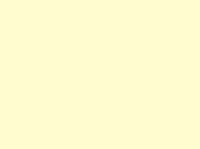
Avoid serving underage guests



8 PLAY IT SAFE WITH A SLEEPOVER

Sometimes good parties go well after midnight. If it's too late to coordinate a ride for one of your guests, get out the air mattress.

Do Your Part to Increase Safety



76% of drivers in New York State haven't driven a motor vehicle within **2 hours** of drinking an alcoholic beverage.⁴

Being a good host means being a good friend and encouraging your guests to have a plan. Download the free STOP-DWI Have a Plan mobile app at www.stopdwi.org/mobileapp.

Funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee.

¹ "New York Survey," 2016, Alliance Sports Marketing/UT College of Social Work Center for Applied Research and Evaluation

² "TIPS for On Premise," 2011, Training for Intervention

³ "Absorption Rate Factors," 2016, University of Notre Dame/Student Well-Being McDonald Center Procedures (TIPS) Program Training Coursebook

⁴ "New York State Fact Sheet on Alcohol and Drugged Driving Arrests," TSLED, 2016

**STOP
DWI** New York
Community Focused. Saving Lives.



**Governor's Traffic
Safety Committee**