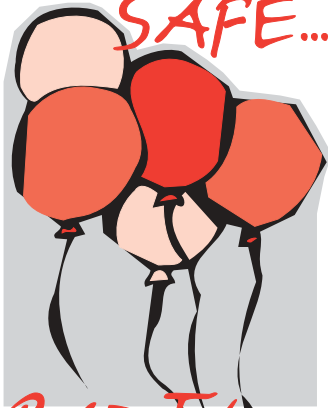


PARTY  
SAFE...



PARTY  
SMART!

## Young or old ...

we all love a party. And while alcohol is a part of most entertaining, it should always be served with planning and care, because the best of times can quickly turn into a bad memory if things get out of hand.

### **This booklet contains quick tips on:**

- 5 Basic rules of safe partying
- 4 Legal tips for the party host
- 21 How to host a safe and smart party
- 70 Partying at the speed of 1 d.p.h.

### **Plus**

- 20 Great (non-alcoholic) party recipes

REMEMBER TO PARTY SAFE...  
PARTY SMART!

## Basic rules of SAFE partying

### **If you drink:**

- 20 DON'T get drunk
- 26 DON'T get ugly
- 46 DON'T put yourself or others at risk
- 70 DON'T drive

## RED LADY

- 1 cup of frozen strawberries, thawed
- 1 cup of cranberry juice
- 1 teaspoon honey
- 1 teaspoon lime juice
- 1 cup of ice

Mix in a blender & pour. Garnish with a lime wedge if desired.

Yield: 2 servings



## Someone's bound to get hurt

### Did you know...

- ❖ If you're under 19 in Ontario, it's illegal for you to drink alcohol (unless it's served by a parent or guardian in your home).
- ❖ The more alcohol you consume, the greater your chance of doing something stupid and hurting yourself or others.
- ❖ Binge drinking (having more than five alcoholic drinks at one sitting) puts you at high risk for injury, assault, alcohol poisoning and death.
- ❖ A variety of crimes, including public mischief, date rape, assaults, dangerous driving and vandalism, are often alcohol-related.
- ❖ If you injure or kill someone while drunk, you can be sued and charged with a criminal offense.

## THE GENTLE BREEZE

- 3/4 4 oz cranberry juice
- 3/4 2 oz grapefruit juice
- 3/4 2 oz soda water
- 3/4 Ice

Mix and enjoy!

Yield: one 8 oz serving, or two smaller servings



## BLACK BEAN SALSA

- 3/4 1 can (19 oz) black beans, rinsed and drained
- 3/4 1 cup diced tomatoes
- 3/4 2 tbsp lime juice
- 3/4 2 tbsp finely chopped fresh cilantro or parsley
- 3/4 1 cup drained canned corn kernels
- 3/4 1 tbsp extra virgin olive oil
- 3/4 1/2 tsp minced garlic
- 3/4 1/8 tsp black pepper

Combine all ingredients in a medium bowl and gently toss together. Serve on low-fat crackers, nachos or pita bread with grated cheese and lettuce.

(Recipe from "Dietitians of Canada Great Food Fast")



## Hosting a **SAFE** and **SMART** party

- ✓ Don't make drinking the focus of the party.
- ✓ Serve plenty of food for your guests. Foods containing protein and fat help slow down the absorption of alcohol.
- ✓ Have plenty of non-alcoholic drinks available for your guests. Keep these refreshing drinks in plain view and easy to reach.
- ✓ Don't drink too much yourself. Stay in control.
- ✓ Cut off your friends if they become drunk or rowdy.
- ✓ Stop serving alcohol well before the party is over.
- ✓ Don't let people who have been drinking put themselves, or others, at risk of injury by doing something stupid.
- ✓ Check your home insurance. Will it cover any liability claim?
- ✓ A sobering last word: If any of your guests are drunk, you're responsible for them until they sober up. (TIP: be prepared for some overnight guests!)

## FESTIVE PUNCH

- 1/6 1 bottle (2 litres) ginger ale
- 1/6 2 frozen cans (355 ml each) pink lemonade, thawed
- 1/6 2 oranges, sliced
- 1/6 1 lime, sliced
- 1/6 1 small bottle maraschino cherries, drained
- 1/6 24 ice cubes

Mix all ingredients into a punch bowl.

Yield: 12 cups



## Partying at the speed of 1 d.p.h.

- ✓ To avoid getting drunk, **DO NOT EXCEED** 1 d.p.h. (standard drink per hour).
- ✓ Remember, 5 oz of wine (12%) is equivalent to 1.5 oz of liquor (40%), or 12 oz of regular strength beer (5%).
- ✓ Plan ahead. Arrange safe transportation **BEFORE** you leave home.
- ✓ Time is the only thing that "sobers" a person up, so stop drinking at least two hours before you plan to leave... and **NEVER** drink and drive!
- ✓ **NEVER** drink if you are pregnant or trying to conceive



## Legal tips for the party host:

- ☞ If you get a person drunk or serve them alcohol when they're already drunk, you are breaking the law. If they injure themselves or others, you can be sued.
- ☞ If you're going to serve alcohol, the law says you have to make sure your place is so safe that no-one can hurt themselves - not even if they're drunk.

REMEMBER TO PARTY

## Legal tips for the party host:

- ☞ If someone gets drunk at your place, it's up to you to keep them from hurting themselves or anyone else. **UNTIL THEY'RE SOBER, YOU'RE RESPONSIBLE.**
- ☞ If you need to control an intoxicated person, use force only as a last resort. Excessive force can result in liability and criminal charges. If things get out of hand, call the police.

SAFE... PARTY SMART!

## BLOODY SHAME

- 1/2 6oz V-8 juice
- 1/2 2 teaspoons lemon juice
- 1/2 2-3 drops of hot pepper sauce  
(such as Tabasco)
- 1/2 2-3 drops of worcestershire sauce
- 1/2 Black pepper to taste
- 1/2 Ice cubes

Put ice cubes in a large glass, followed by the V-8 juice. Add the other ingredients and stir.  
Garnish with a celery stalk if desired.

Yield: 1 servings



## DIP IN THE RAW

- 1/2 1 cup plain yogurt, preferably low-fat
- 1/2 1/3 cup mayonnaise
- 1/2 1 tbsp finely chopped onion
- 1/2 1 tbsp finely chopped fresh parsley
- 1/2 1 tsp chopped fresh dill
- 1/2 salt to taste

Combine all ingredients and serve with your favourite veggies.



**Booklet compliments of:**



**REDUCE IT**

**COMMUNITY ACTION FOR SOBER THINKING  
MUSKOKA - PARRY SOUND**

**(705) 789-8813 OR  
1-800-563-2808**

**RISK is a substance abuse and injury prevention program funded by the Ministry of Health and Long-Term Care through the Muskoka-Parry Sound Health Unit and community partners.**