



0 Is your number if you are driving, under 21, or pregnant

1 drink per hour is your number for staying in control

3 drinks per night/outing is your number for saying no more

Do This:

To avoid this:

To get this:

**0 drinks:
Pregnant**

Fetal Alcohol Syndrome

Have a healthy baby

**0 drinks:
Under 21**

**Can't drive for 6 months
\$500 or more fine
Police record
UIC sanction**

**Keep driving privilege
Keep \$\$ in pocket
Clean record**

**0 drinks:
Driving**

**Jail time
Up to \$2500 fine
Loss of driver's license
Injure/kill yourself or
someone else**

**Stay out of jail
Keep \$\$ in pocket
Save lives**

**No more than 1
drink per hour:**

**Impaired judgement
Do something you later
regret**

**Stay in control
Sound judgement
No regrets**

**No more than 3
drinks per
night/outing**

**Pass out/black out
Get into a fight
Alcohol poisoning
Unwanted/unprotected sex**

**Remember what you did
No time in hospital
No STI's
No unwanted pregnancy**