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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

1. DO THIS

NO MORE THAN 3 DRINKS PER NIGHT/OUTING

NO MORE THAN 1 DRINK PER HOUR

0 DRINKS DRIVING

0 DRINKS UNDER 21

0 DRINKS PREGNANT

2. TO AVOID THIS

Fetal Alcohol Syndrome

- Can't drive for 6 months
- \$500 or more fine
- Police record
- UIC sanction
- Jail time
- Up to \$2500 fine
- Loss of driver's license
- Injure/kill yourself or someone else

- Impaired judgement
- Do something you later regret

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

3. TO GET THIS

Have a healthy baby

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

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

- Stay in control
- Sound judgement
- No regrets

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