

Party Smarter

Plan, Prepare, Pace

I didn't have a ride so I crashed at your boyfriend's. We didn't do anything, did we?



Plan!

How you are getting home.

I had the rent until I went out last night - can I pay it next week?



Prepare!

Take just enough cash to have a good time, leave your credit cards at home.

About last night - I had no idea I was hitting on your girlfriend...or was it your sister?



Pace!

Limit how much you drink in a night.

www.maine.gov/partysmarter

Don't let your good times go down the drain.



Office of Substance Abuse
Department of Health and Human Services