# Environment

Normalize Not Drinking

Don’t pressure those attending to drink. Have activities that aren’t centered around drinking available.

Provide alternative Drinks

Provide some alternative drinks (soft drinks, juice, water, etc.) for those who don't want to participate in drinking. Drinking plenty of water while you’re drinking alcohol helps avoid alcohol poisoning, a terrible hangover, and the result of gastrointestinal issues.

Supply Food

Food before and while drinking can help taper alcohol absorption to a pace that your body can more easily manage. Consuming a large amount of alcohol in a short amount of time, especially on an empty stomach, can be dangerous and sometimes even fatal.

Block Off Balconies or Roofs

Alcohol and heights don't mix! Don’t overcrowd balconies or someone could fall off or the balcony collapse. Lock up windows that provide access to the roof.

Be a Good Neighbor

Prior to your party, notify neighbors and consider exchanging phone numbers if it feels safe, so they can reach you if anything comes up (too loud, people are on their property, etc.).

Be Mindful of Where the Party is

Make sure the party stays in your area (yard) and not on the sidewalk, in alleyways, or on your neighbors' property. Consider barriers that can be used to ensure guests remain safe.

Your Party = Your Mess

Respect your neighbors, landlord and the community by cleaning up after the party. Some tips while the party is going: put out plenty of trash cans, encourage people to clean up after themselves, and recruit some people to help you clean up!

Put Your Things Up

If it’s breakable, put it away! If it’s valuable, put it away! Lock up your room if you don’t want anyone using it.

# People

Have a Guest List

Don’t host open invitation parties. You want to make sure you know everyone in and around your home. The more people you don't know at your party, the greater potential for unexpected outcomes.

Help Your Guests Make a Plan to Get Home

Remind guests about safe transportation like Lyft Ride Smart, other rideshare programs and buses. Can they stay at your place? Are they close enough that they can walk?​

# Ultimately, YOU are responsible for your guests. If they aren’t respecting you, your property or the community, it may be time to send them away.