

The BACCHUS Network encourages you to have a Safe Spring Break this year. Whatever your plans are, make sure they include these tips:

Remember, impairment begins with the first drink. Choose not to drink if you are driving, or be safe with a designated driver.

Wear your seatbelt. Always. It's your best protection in a crash.

Respect other peoples' right, and your own, to choose not to drink. Respect state laws and campus policies.

Stay out of dangerous situations involving alcohol, whether in a car, bar or bedroom.

If a friend drinks to the point of passing out, alcohol poisoning is a real danger. If you're concerned, seek medical attention. Better safe than sorry!

**HAVE A GREAT,
AND SAFE,
SPRING BREAK!**

**The BACCHUS Network
Safe Spring Break Pledge**

- I promise not to drink and drive during Spring Break, or let any of my friends get behind the wheel impaired.
- I will not ride in a car when the driver has been drinking.
- I will wear my seatbelt, whether I'm the driver or passenger.
- I will watch out for my friends, take care of myself, and do what I can to plan for a Safe Spring Break!

Signed _____

**SNAPSHOT OF A
SAFE SPRING BREAK**

**FRIENDS FOR SAFE SPRING
BREAK PHOTO CONTEST -
WINNING PRIZE DRAWING OF \$250**

**FOR THE BEST PHOTO OF FRIENDS HAVING
A FUN AND SAFE BREAK.**

**RULES FOR ENTRY AT:
HTTP://WWW.BACCHUSNETWORK.ORG/
SAFE-SPRING-BREAK-CAMPAIGN.ASP**

**TAKE THE PLEDGE
SAFE SPRING BREAK
PLEDGE CARD**



www.bacchusnetwork.org
www.friendsdrivesober.org
www.smartersex.org

(please print clearly)

Name _____

School _____

Email _____

Address _____

City/State/Zip _____

Phone _____