



Stay in the Blue: It's All about Planning Your Party

“Stay in the Blue” means keeping your blood alcohol concentration (BAC) at .06% or below. That BAC can get you what you want from alcohol (relaxation, easier to socialize, less inhibited dancing, etc.) instead of what you don't want (regrets, hangovers, black-outs, throwing up on your date, etc.). And if you don't drink, you automatically Stay in the Blue!

UM students report that they use the following strategies to Stay in the Blue:

- Count your drinks
- Set a drink limit using standard drinks
- Eat immediately before and while drinking, especially foods high in protein or fat
- Measure your own drinks, e.g. by using a shot glass for liquor
- If you play drinking games, set personal limits (e.g. fill beer pong cups 1/3 full, set a maximum number of drinks or game rounds)
- Dilute alcohol with non-carbonated mixers
- Alternate alcoholic and non-alcoholic drinks
- Space out your drinks; if it normally takes 10 minutes to finish a beer, try taking 20 minutes
- Use a buddy system; tell a friend your limit and encourage him/her to help you stick to it
- Drink a look-alike beverage when you want to slow down or not drink at all (e.g. ginger ale, soda water with lime)
- Go out later or leave earlier from events
- Be prepared with reasons to refuse drinks assertively when you've had enough or you're not drinking

UM students avoid these to Stay in the Blue:

- Drinking from open containers (punch, trash cans, etc.)
- Beer bongos or playing other drinking games
- Liquor
- Mixing alcohol with stimulants (e.g. Ritalin or Red Bull) or depressants (e.g. Valium or Ativan); check with your doctor before drinking while taking any prescription medications, and check package warnings about drinking while taking over-the-counter medications
- The pre-party
- Driving after drinking
- Drinking when tired

