If you are of legal age to drink and you are Interested in Cutting Down on your Drinking

- Choose not to drink or limit your drinking to special occasions
- Learn how to say no. Do not drink just because your friends are.
 - Never have more than one drink in an hour.
 - Stay active. Play a sport. Read a book. Go to the gym.
 - Enjoy time with friends but skip trips to the bar.
 - If you do drink, stay within healthy limits; Men: Limit drinks to no more than two a day Women: Limit drinks to no more than one a day
 - Do not drink when you are angry or upset.
 - Drink water after consuming alcohol.
 - Do not store alcohol. Do not keep temptations around.
- Keep a diary of your drinking habits. How much and how often are you drinking? Does your alcohol use cause problems?
 - Consider writing your reasons for cutting down
 To improve your health?
 To do better in school?
 Eliminate problems with family/friends?

It is not easy to change. However, above all things, do not give up!