

# The Alcohol Playbook

## “MY FRIEND WANTS ME TO DRINK, BUT I DON’T WANT TO”

**PLAY 1:** IF YOU DO NOT WANT TO DRINK BUT ARE SCARED OF SAYING NO, MAKE UP A STORY EXPLAINING WHY YOU CAN’T. IF YOUR FRIENDS ARE REALLY YOUR FRIENDS, THEY WILL NOT PRESSURE YOU INTO DOING SOMETHING THAT YOU DON’T WANT TO DO.

## “MY FRIEND IS DRUNK AND WANTS TO DRIVE”

**PLAY 2:** TRY TO TALK THEM OUT OF IT AND SEE IF THEY WILL CONSIDER WHAT YOU HAVE TO SAY. SUGGEST CALLING A TRUSTED ADULT, A FRIEND, AN UBER, OR A TAXI. IF THEY WON’T LISTEN TO YOU, TAKE OR HIDE THEIR KEYS. THEY MIGHT BE MAD AT YOU IN THE MOMENT, BUT THEY’LL THANK YOU WHEN THEY’RE SOBER.

## “MY FRIEND MIXED DRUGS AND ALCOHOL”

**PLAY 3:** MIXING DRUGS AND ALCOHOL MULTIPLIES THE EFFECTS OF THE SUBSTANCES IN YOUR BODY AND INCREASES THE LIKELIHOOD OF AN OVERDOSE. STICK TO YOUR GUT, IF YOUR FRIEND SEEMS LIKE THEY ARE NOT OKAY, THEY PROBABLY AREN’T. CALL 911 AND STAY WITH YOUR FRIEND UNTIL HELP ARRIVES.

## “MY FRIEND IS DRUNK AND UNCONSCIOUS”

**PLAY 4:** IMMEDIATELY CALL 911 AND TRY TO REMAIN CALM WHILE YOU’RE ON THE PHONE SO THE DISPATCHER CAN UNDERSTAND YOU. DO NOT LEAVE YOUR FRIEND UNTIL HELP ARRIVES AND ROLL HIM/HER ONTO THEIR SIDE SO THEY DO NOT VOMIT AND CHOKE ON IT.

Keep your head in the game, choosing the right play could save a life.

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PREVENTION COLLABORATIVE