

AUGUST 2021

The Buzz

ON RESPONSIBLE DRINKING



Drive Safely This Month (and Always!)

As Service members get used to their lives looking more normal, they may be excited to meet up with friends for a drink to make up for lost time. However, let's keep encouraging them to drink responsibly. In support of the National Highway Traffic Safety Administration's upcoming "Drive Sober or Get Pulled Over" campaign (August 18-September 6), remind Service members to plan ahead and avoid getting behind the wheel after drinking by sharing these tips:



- **Practice safe driving.** One of the best ways to practice safe driving is to avoid driving under the influence of alcohol and [other substances](#). Even if you have a couple drinks and think you're OK to drive, it's not worth the risk (or the [hefty DUI cost!](#)).
- **Make a plan and stick to it.** If you plan to not drink, you got this! Grab that water or non-alcoholic beverage and rock that sober night. If you do plan on having a drink or two, plan ahead by choosing a designated driver or using a rideshare app to get home.
- **Have a plan B in place.** Life is unpredictable so it's smart to have a backup plan. Before having a drink, consider how you can get home if your first plan falls through (think: ridesharing, cab or carpooling with someone who has not been drinking).
- **Protect yourself and your loved ones.** If a buddy has been drinking, avoid getting in a car with them AND go the extra mile to make sure they don't drink and drive. Even one drink can harm your safety. Encourage your buddies to choose a safer method to get home so all of you are safe.

It's exciting for Service members to be back out and about with their buddies again, but it's also important to avoid drinking and driving. Let Service members know the risks of drunk driving and encourage them to drink responsibly and own their limit.

The Campaign



Whether or not they know it, Service members are setting an example for their buddies, loved ones and even strangers. They may not realize the impact of their actions, but by choosing to drink responsibly, they are protecting their career and the well-being of others. [Share this article](#) with Service members so they can model and support responsible drinking behavior.

One Last Thing

In support of National Recovery Month in September, Service members are encouraged to speak up about alcohol use concerns before things go too far. Service members can check their [Service policy](#) for options so they can get help and return to duty. Since September is also Suicide Prevention Month, understand how alcohol use can be a risk factor for [suicide](#). The confidential Military Crisis Line is available at 1-800-273-8255, press 1 or text 838255.

All topics and resources highlighted in the e-Newsletter can be found at www.ownyourlimits.org.

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LIMITS**

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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