

Good Friends, Good Choices, Good Tidings

Tips for Hosting Responsibly

GOOD FRIENDS

Gathering with family, friends, and community is one of the greatest joys of the holiday season. If you are hosting, [prioritize safety and responsibility](#) by serving food, water, and no-alcohol beverages, adding responsibility language to your invite, and never serving anyone under 21. Separate adult beverage options from beverages for kids and teens. Consider hiring or appointing a bartender so cocktails are consistent in both potency and flavor and avoid “topping off” drinks before they’re empty so guests can keep track of their consumption.

There is nothing better than having friends and family over to celebrate a holiday, watch sports, or simply to catch up. But as a host, you need to make sure that you are ready to welcome guests to your space in a responsible way.

We won’t tell you what music to play, but we will give you the information you need to host responsibly if your gathering includes alcohol.

1. Make sure to add responsibility language to your invite. Include the Virtual Bar app, options for a safe ride home, and reminders to hydrate and not skip a meal.
2. Never serve anyone under the legal drinking age of 21. And you may also want to set up a separate station for beverages for those who are underage or choose not to drink. In addition, contemplate different cups or glasses to differentiate between drinks that do and do not contain alcohol.
3. Provide plenty of water and no-alcohol beverages for your guests.
4. Make sure there is food available—and that people are eating it, ideally right at the start of the event!
5. Encourage everyone to plan ahead for a safe ride home or identify a designated driver.
6. Respect the decision of guests if they choose not to drink.

With these simple guidelines in place, your gathering will not only be enjoyable, but it will also set an example for all on how to be a responsible guest. No matter your role, remember to always enjoy responsibly.

GOOD CHOICES

Lead by example and model responsible behaviors around alcohol – especially if kids are present. If you choose to drink, do so responsibly by knowing what a “standard drink” is, how [alcohol affects your blood alcohol content](#) (BAC) and how that affects you. Always plan for a safe ride home and never let your friends drive drunk or impaired. With all the festivities, there are more cars on the roads, making it crucial to stay alert and obey traffic laws. In December 2022, the latest data available to us, 1,062 people died in alcohol-impaired-driving crashes (NHTSA). Drunk driving is a choice, and the injuries and fatalities that are the result of these actions are 100% preventable.



DOWNLOAD THE APP!



Our blood alcohol content (BAC) calculator, “**Virtual Bar**,” utilizes the latest science to help you get a better understanding of how different factors affect your BAC. It allows you to customize your drinking experiences using unique factors including your gender assigned at birth, weight, height, and the food you eat, to educate you about how alcohol may affect your behavior and impairment. It also gives you a sense of how long it would take for your BAC to return to 0.00, which may be surprising.

<https://www.responsibility.org/bac-calculator/>

GOOD TIDINGS

By embracing responsibility, we can bring tidings of great joy to our holiday season. If you choose to drink, do so responsibly and always respect the decision of those who may be taking the night off or choose not to drink—for any reason. Cheers to a safe and joyous holiday season!

(Information provided by: <https://www.responsibility.org/good-friends-good-choices-good-tidings/>)