

Alcohol Harm Reduction Strategies

■ Situational Safety Strategies

- 1) Home only drinking
- 2) Control your glass
- 3) Plan transport first
- 4) Always carry condoms
- 5) Schedule!

■ Quantity Reduction Strategies

- 1) Abstinence days
- 2) Eat first/hydrate
- 3) Bar only drinking
- 4) Drink charting
- 5) Buy to drink
- 5) Schedule!

Different strokes for different folks