



STATE OF DELAWARE
OFFICE OF HIGHWAY SAFETY
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Newsletter Article

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Responsible Party Planning

Whether you are hosting a small get together or a big celebration, it is the responsibility of the host to make sure that each car leaving the event has a designated, sober driver. Here are some helpful suggestions to make your party a huge success.

- **De-emphasize alcohol by creating alternative activities.** If your guests are busy having fun, they are not busy drinking. Fun activities aren't just for kids... pull the board games out of the closet!
- **Always serve food.** Is the centerpiece of your party the food? Encourage guests to eat a variety of foods that are high in protein. Meats and cheeses are great choices that slow the absorption of alcohol into the blood stream. Add shrimp cocktail, smoked fish, and crab dip to the line-up and your party is sure to be a hit.
- **Don't make the bar the main attraction.** Consider appointing someone responsible to measure and pour alcohol.
- **Offer a variety of non-alcoholic beverages.** It's never been easier to offer a selection of non-alcoholic drinks, ranging from alcohol-free beer and wine, to punch and sparkling waters, to fruit smoothies.
- **Party's end.** Stop serving alcohol at least one hour before guests leave. Only time can reduce the amount of alcohol in one's system.

Remind friends and family that you can't hide from a DUI – but - you can avoid getting one in the first place. Don't ever let someone you know get behind the wheel after they have been drinking. Always remember this simple tip: if you are going out and plan to drink, then plan for a sober driver too.

Drive Sober. Arrive Alive DE.

For more information about Safe Family Holiday, go to www.ohs.delaware.gov.