

Don't Do Shots With Strangers: A Guide to Safe Drinking in College

Going to college is a time for new experiences, including going out to bars and clubs. But it's important to be aware of the dangers of drinking, especially if you're not used to it. One of the most dangerous things you can do is drink shots with strangers.



Don't Do Shots with Strangers: The All-inclusive Guide to All-Inclusive Vacations by Rob Durham

★★★★★ 5 out of 5

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Why is it dangerous to drink shots with strangers?

There are a few reasons why drinking shots with strangers is dangerous. First, you don't know what's in the shot. Strangers could have put anything in it, including drugs or alcohol. Second, you don't know how strong the shot is. Strangers could have made it with more alcohol than you're used to, which could lead to alcohol poisoning. Third, you don't know the person you're drinking with. Strangers could be dangerous or predatory, and they could take advantage of you if you're drunk.

What should you do if a stranger offers you a shot?

If a stranger offers you a shot, the best thing to do is to politely decline. If you're feeling pressured, you can say that you're not feeling well or that you're not in the mood to drink. You can also try to get away from the person by moving to another area of the bar or club.

What are some other tips for safe drinking in college?

In addition to avoiding shots with strangers, there are a few other things you can do to stay safe while drinking in college. Here are a few tips:

- Know your limits. Don't drink more than you can handle.
- Pace yourself. Don't drink too much too quickly.
- Drink plenty of water. Water will help you stay hydrated and prevent alcohol poisoning.
- Eat before you drink. Food will help slow down the absorption of alcohol into your bloodstream.
- Don't drink and drive. If you're going to be drinking, make sure you have a safe way to get home.
- Be aware of your surroundings. Be aware of who's around you and what's going on.
- Don't leave your drink unattended. Someone could put something in it while you're not looking.

Drinking in college can be a fun and social experience, but it's important to be aware of the dangers. By following these tips, you can help stay safe while drinking in college.



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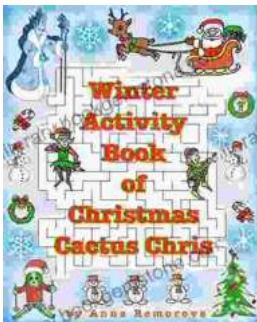
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