

Tips on how to overcome the pressures of drinking alcohol from your friends while out socialising

- **Clue in a friend or two.** If you tell your BFF before the party that you plan on staying sober, you'll be more likely to stick to your word than if you keep it to yourself.
- **Plan to be the designated driver** (only if you have a license, of course). That way, you'll have an easy, non-negotiable excuse for not drinking. Plus, your friends will totally owe you one.
- If someone tries to hand you a drink, **say you have to be somewhere later.** To them, it'll sound like you're saying, "This party might be cool enough for you, but I've got bigger and better places to go." (Note: this doubles as a great excuse if you ever show up at a party wearing nice clothes while everyone else is dressed casually.)
- **Carry around a cup** filled with soda or water. People will assume you're drinking booze, and there's no reason why you have to set the record straight for them.
- If people keep bothering you to take a drink, **say you're having enough fun without it.** It'll probably make them wonder why they aren't secure enough to have fun without being wasted. (Besides, you'll be telling the truth.)
- If you're *still* not comfortable, **leave the friggin' party.** People who don't know how to party without drinking - and without forcing everyone around them to drink - aren't worth partying with.

Tip:

You might think you're the only person at the party who isn't drinking, but that's probably not true. Other people might be sober but are choosing not to draw attention to themselves. These people are your party soulmates! Stick with them