

STAY IN CONTROL.

Drinking games appear to be playful competitions, but they encourage individuals to consume a large amount of alcohol in a short period of time.

You are often **not in control** of what or how much you drink, or for how long the game continues. Many people participate without realizing the consequences until it's too late.

Choose not to get involved in drinking games, making it clear you'd rather **be in control** of the amount of alcohol you drink.

Remember, it is illegal for anyone under 21 to possess or consume alcohol.



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