

BEING A RESPONSIBLE HOST AT HOME

1/ Use measures

Using measures will allow you to better inform your guests how much alcohol is in their drink.

2/ Avoid top-ups

Topping up glasses and drinks before they are finished makes it hard for your guests to keep track of how much they have consumed and can risk leading to excessive drinking.

3/ Serve food

Food helps slow the absorption of alcohol into the body. If your guests are not having a meal as part of your get together, offer some snacks with a good balance of protein, fat and carbs.

4/ Have a selection of soft drinks available

Make sure you have water and a selection of soft drinks, including low and no alcohol products available. It allows your guests to space alcoholic and non-alcoholic drinks.

5/ Transport

Make sure you know how your guests are getting home if they can't all stay. Are they getting picked up or is a taxi arranged?

Being a Responsible Host Online

1/ Hosting

If you have arranged the link up, think about who is attending, how many (too many and it can get confusing) and how long the video call is going to last. Remember when you are not talking, use that mute button!

2/ Measure your drink

Always measure your drink and encourage others to do likewise. Avoid top-ups.

3/ Pace yourself

Enjoy the moment, video calls may not last as long as a night out with friends.

4/ Food is always good

Have a selection of snacks (not all salty ones) to have whilst chatting or taking part in that quiz or game.

5/ Have a soft drink

If you are making cocktails, have a mocktail, soft drink or water next time.