



DRINK RESPONSIBLY.

KEEP WHAT YOU'VE EARNED

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HOW TO HAVE FUN AND DRINK SMART

You've worked hard for your career as a Sailor. Only one-third of 17 to 24 year olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have met these challenges with hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol incidents face serious consequences, including:

- Loss of rate or pay
- Separation from the Navy
- Civilian consequences, such as fines and jail time

Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.



YOU'VE EARNED IT.

DON'T WASTE IT.

SIGNS THAT YOU MAY BE DRINKING TOO MUCH:

- Not having control over the amount of alcohol you consume
- Alcohol negatively affecting your work and/or relationships with others
- Poor judgment and risk-taking
- Confused thinking
- Difficulty remembering details or events
- Slow reaction time and reflexes
- Distorted vision and blackouts
- Angry and/or depressed mood

DRINK RESPONSIBLY, EVERY TIME:

- Plan ahead for a safe ride home.
- Don't try to "keep up" with others.
- Know your limit, before you get there.



For more information:

Visit www.nadap.navy.mil or call 1-800-U-ASK-NPC

Department of U.S. Navy
Navy Personnel Command
OPNAV/N135
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**IT WASN'T EASY GETTING HERE.
DRINK RESPONSIBLY.**

Navy Alcohol and Drug Abuse Prevention