



# December Activity Ideas

## Impaired Driving Prevention

As a health information disseminator, it is important to ensure that the information and resources you distribute are relevant for your target populations. You want to provide impaired driving prevention materials that are easy to understand and follow. Below are a few ideas that you can conduct throughout the month:

### Use interactive media as a way to learn about safe drinking strategies

Mobile apps and games can reinforce information and clear up common misconceptions about how alcohol affects the body. Send out links to these interactive tools to Sailors and Marines as reminders to exhibit safe drinking behavior during the holiday season.

- Navy Alcohol and Drug Abuse Prevention (NADAP)'s [Pier Pressure mobile app](#)
- Department of Defense's [That Guy](#) Campaign
- How strong is your mixed drink? [Calculator](#)

### Provide tips for hosts of holiday parties

Party hosts play an important role in promoting safe drinking behavior during the holiday season. Provide these tips to Sailors, Marines, their families, and friends so they can help their loved ones and each other get home safely after celebrations.

- Plan party games, raffles, or random door prize giveaways. Engaging people in activities other than drinking will cause them to consume less alcohol.
- Offer non-alcoholic beverages, or mocktails, for guests who would like to stay sober or who are designated drivers.
- Provide the number of a local taxi service to your guests ahead of time.
- Serve plenty of food so guests don't drink on an empty stomach.

### Make materials and resources readily available

Create a display rack with resources from the [NMCPHC Impaired Driving Prevention Toolbox](#) to include fact sheets, brochures, and handouts. The materials should be placed in high traffic and visibility areas such as entrances, gyms, and waiting areas.

- Preventing Drug Abuse and Excessive Alcohol Use [brochure](#) and [fact sheet](#)
- [Don't Get Wrecked infographic](#)
- [Celebrate Safely this Holiday Season – Drink Responsibly](#)
- [U.S. Navy Keep What You've Earned Campaign](#)