



HPW Impaired Driving Prevention Month Social Media Messages to Share

Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

Recommended Use Instructions:

- Select two messages from the list below to send out each week during Impaired Driving Prevention Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting. Use your organization's preferred link shortening site if necessary.

Messaging

Post 1:



Celebrate safely this holiday season and #DrinkResponsibly.

http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_December_Drunk_Driving_FS.pdf



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Post 2:



Ever wanted to see your team play in the championship game? How about a cruise to a faraway place? A DUI can cost you \$10,000 on avg! Think of all the things you and your friends could do with that money? Don't waste it on getting wasted.



http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000052_Impaired%20Driving%20Infographic.pdf

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Post 3:

 How do you know if you're drinking too much? You may be drinking too often, too much at one time, or both. To determine whether you're drinking too much alcohol, you first need to determine if you are engaging in a risky or low risk drinking pattern. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_Health_Observance_December_Do_You_Drink_Too_Much.pdf

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Post 4:

 Medications, even when prescribed by a medical provider, can have similar negative effects to alcohol such as impaired judgement, perception, and motor skills. Don't drive impaired. <https://medlineplus.gov/impaireddriving.html>



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Post 5:

 Make the right kind of memories with your friends and family this holiday season. Be safe and remember #BuzzedDrivingisDrunkDriving.

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Post 6:

 Looking to cut back on your monthly spending? Have you considered how much you spend each month on alcohol? Not only will cutting back on a couple of drinks help your wallet, but potentially your overall health.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/alcohol-spending-calculator.aspx>

 Cutting back on how much you spend on alcohol could help your wallet and your overall health! <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/alcohol-spending-calculator.aspx>

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Post 7:

 Did You Know? Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse. If you or someone you know is misusing alcohol, we have resources that can help!

#DriveSober #DrinkResponsibly <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-december.aspx>

 #DYK? Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse. Our resources can help! #DriveSober

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Post 8:

How does your state compare to the whole nation when it comes to alcohol-involved deaths and drunk driving? #DriveSober

http://www.cdc.gov/motorvehiclesafety/impaired_driving/states.html

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