

DESIGNATED DRIVER DIARY

a toolkit for college students



FRIENDS
DON'T LET
FRIENDS
DRIVE
DRUNK.

**BROUGHT TO YOU BY THE VIRGINIA
DEPARTMENT OF MOTOR VEHICLES**



dmv
www.dmvNow.com

EASY AS 1, 2, 3!

Volunteered to be the designated driver? Great! We're proud of you for helping to keep your friends safe! SADD is here to help you navigate this role in the safest way possible, for both you and your passengers. Check out the tips below on taking on this responsibility!



1. Eliminate the temptation to drink after you've committed to being the sober driver for the evening.

- a. Plan your mocktails ahead, bring your favorite soda or juice with you and even consider mixing it before you head out.
- b. Avoid hanging around the bar area.
- c. Participate in party activities that are not centered around drinking. Dance, play card games, or meet new friends.

2. Set ground rules for your passengers.

- a. Plan WHO will be in your car, WHERE and WHEN they should meet to get a ride home
- b. Ensure that seatbelts are worn by all passengers
- c. Make sure no one is bringing an open container in the car with them
- d. Reduce distractions like loud music, phone calls, etc.

3. Be prepared!

- a. Bring water and a trash can in case someone gets sick
- b. Anticipate your passengers being distracting and be prepared to be firm with their behavior
- c. Have backup plans for alternate transportation in case an emergency comes up or if a rider refuses to stick to the plan

www.SADD.org | [@SADDNation](https://twitter.com/SADDNation)




www.dmvNow.com



PLAN YOUR NIGHT

Whether you're the designated driver or you're catching a ride with a sober friend, it's important to plan how you're getting home ahead of time! Fill out the form below with your designated driver and passengers to make sure everyone is on the same page before you head out for the night!



Who's the designated driver? _____

Who are the passengers? _____

List everyone's phone numbers: _____

Where are you going? _____

What time will you arrive? _____

Where will you meet up to leave? _____

What time will you leave? _____

What is your backup plan for getting home? _____

Who is your emergency contact? _____

Fill out this form on
your mobile device!



www.SADD.org | [@SADDNation](https://twitter.com/SADDNation)

