

know your **limits**
make
good decisions
stay in **control**

have fun

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There's no place in my life for drinking alcohol and binge drinking.

To achieve my goals in life and do my best when I'm surfing, I need to know my limits, make good decisions and stay in control. If I follow those basic rules, in addition to realising my dreams, I will also have fun!

Alcohol and binge drinking can really damage your health and well-being, and wreck your decision-making and judgement.

No matter who you are, no matter what your dreams - don't waste it all by binge drinking and losing control.

It's just not worth it.

Photo courtesy of Scott Sporleder



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