

DRINK RESPONSIBLY.

**KEEP WHAT  
YOU'VE EARNED**

# HELP OUR SAILORS KEEP WHAT THEY'VE EARNED

## TIPS FOR NAVY ALCOHOL ABUSE PREVENTION PERSONNEL

The Keep What You've Earned campaign seeks to encourage responsible drinking among Sailors by celebrating the achievements in their Navy careers. Through recognition of their hard work and dedication, Sailors are reminded of their accomplishments—and how much they have to lose if they make poor choices regarding alcohol. The campaign actively engages Sailors as advocates for responsible drinking.

### WHAT YOU CAN DO

As alcohol abuse prevention personnel, you are our frontline of defense against destructive drinking habits in the Navy. However, you can't do it alone.

- Reach out to fellow ADCOs/DAPAs to get help answering your questions and share best practices.
- Engage local organizations and businesses to provide safe-ride programs, support alcohol-related policy enforcement and offer alcohol-free social, extracurricular and public service options as alternatives to drinking.
- Share ideas with local supporters on prevention programs, intervention strategies and other ways to promote responsible drinking habits and discourage excessive alcohol use.

### GO TO [WWW.NADAP.NAVY.MIL](http://WWW.NADAP.NAVY.MIL)

- Learn how to engage Sailors in meaningful ways that respect their careers, achievements and personal decisions.
- Download the implementation guide and suite of multimedia products for display on your base.
- Use the campaign resources to support all levels of Navy leadership.



THEY'VE EARNED IT.

HELP THEM KEEP IT.

### KEY TIPS TO SHARE WITH SAILORS

- 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](http://www.nadap.navy.mil)  
or call 1-866-U-ASK-NPC

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Navy Alcohol and Drug Abuse Prevention