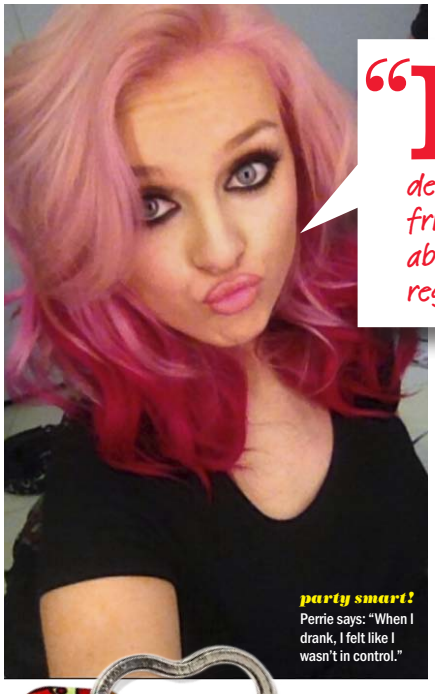
the GIRL'S GUIDE to...

# partying without getting wasted

Feel like that little red cup helps you fit in? Think again! You can be the ultimate party girl, no alcohol necessary. **by Little Mix**



party smart! Perrie says: "When I drank, I felt like I wasn't in control."

"I know lots of people who drink, so one night at a house party, I decided, Why not try it? I did—and hated the way it made me feel. Since then, I decided I don't need to drink to party, and luckily, my friends agree! Here's what the girls and I have learned about having fun without risking humiliation, day-after regrets, and dangerous drunken situations."

- Fake it! Sometimes if you walk around without a drink, people pressure you to get one. **Make your own** nonalcoholic version with ice and whatever mixer is around. No one will know what's in your cup, and they'll all leave you alone! *–PERRIE*
- If someone asks why you're not drinking and you don't feel like explaining, **turn it into a game** and see how many rando responses you can come up with. You can use my go-to: "I'm a pop star and I'm saving my voice for my world tour!" You'll have a blast watching their reactions. *–LEIGH-ANNE*

- **Offer to be the designated driver**—that way your friends won't pressure you into drinking; they'll just be relieved they have a safe way to get home! *–JESY*
- **Surround yourself with cool people.** My friends don't need alcohol to have a good time, so I know they understand when I don't want to drink. *–LEIGH-ANNE*
- **Get out on the dance floor!** When you're the only sober one, it's easy to get annoyed at all the drunk people around you acting silly (or feel like you need to drink to have fun with them). Instead of giving in to the pressure to join them, get up and dance. Everyone is equal out on the floor. *–PERRIE*
- **Be the party recapper.** The next day, everyone who got drunk is going to be fuzzy on what happened. You'll remember all the details, the gossip, and how good of a night you had. They'll be coming to you to find out what embarrassing things they did and said! *–JADE*

up all night Leigh-Anne says the only drink she needs at a club is a Red Bull!

STILL LIFES: (GLASS) PHILIP FRIEDMAN/STUDIO D.; (RED BULL) DAVID DEE DELGADO; (CD) COURTESY OF LITTLE MIX; (KEYCHAIN) J. MUCKLE/STUDIO D. LITTLE MIX: (TOP) BARCROFT MEDIA/STARTRAKSPHOTO.COM.; (BOTTOM) XPOSUREPHOTOS.COM. PERRIE: TWITTER.

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