



Champions drink responsibly:

Drinking and driving can result in a car accident and even death. Too much alcohol can also result in you having sex without a condom, placing you at risk of STI's and HIV infection, as well as unplanned pregnancies.

Strategy Tip: Protect each other by making sure that one of you stays sober and looks after the others.

Pollen Ndlanya
formerly Orlando Pirates, Bafana Bafana 1997