#1: DO NOT DRINK ON AN EMPTY STOMACH
The quickest way to have a blackout or get drunk and pass out is to drink on an empty stomach. “On an empty stomach alcohol virtually streaks into the bloodstream. The only way for the drug to go into effect quicker would be to inject it into a blood vessel.” (p. 52) 
BY ALL MEANS, consume food before and while drinking in order to have fun, stay responsibly sober and be safe.

#2: DO NOT CHUG, SWIG OR POUND ALCOHOL
The quickest way to have a blackout is to chug, swig or pound alcohol as fast as you can—especially with high-proof liquor and/or on an empty stomach. 
BY ALL MEANS, slow down the consumption, dilute the drinks, space them out, and above all EAT something to give your body the time and substance it needs to process the alcohol at a safe rate!

#3: DO NOT DRINK HEAVILY WHEN SLEEP DEPRIVED
Chances for becoming blacked out increase significantly when you are sleep deprived or fatigued—a state that college students find themselves in often. 
BY ALL MEANS, if you are lacking sufficient sleep or experiencing high stress: reduce your consumption, drink slower, and make sure you eat before and during drinking.

#4: DO NOT GO OFF ALONE WHILE DRINKING
Going off on your own while drinking is risky—if you are blacked out you can get into fights, commit crimes, drive drunk, get lost, or have accidents that you will know nothing about. Remember, when blacked out, a person may make a “decision,” but cannot remember it long enough to act upon it, making one’s actions impulsive. 
BY ALL MEANS, make sure you or your friends do not drink alone or by oneself in order to enjoy drinking and stay away from trouble.

#5: A PERSON WITH A HISTORY OF BLACKOUTS AND VIOLENCE SHOULD BE COMMITED TO TREATMENT AND ABSTAIN FROM DRINKING ALCOHOL.
Someone with a history of blackouts and violence is a walking time bomb and a menace to others and society at large. 
BY ALL MEANS, the person should commit to treatment and abstain from drinking alcohol in order to avoid getting into serious trouble and doing something irreversible or unthinkable.

#6 WOMEN SHOULD KNOW THEIR LIMIT, COUNT THEIR DRINKS AND ONLY DRINK WITH PEOPLE THEY CAN TRUST
Women who drink until they black out put themselves at serious risk to be assaulted, raped or abused. 
BY ALL MEANS, women (especially those with history of blackouts) can protect themselves from such harm by knowing her limits, counting her drinks, and only drinking with people she can trust.