

DO YOU!

MY EXPERIENCES. MY CHOICES.

**WHATEVER THE REASONS, THEY ARE YOURS...OWN THEM.
WHEN IT COMES TO DRINKING, ALWAYS REMEMBER TO DO YOU!**

I MAY BE DRINKING TONIGHT

Let's get
another drink

Maybe later,
I've had 2 drinks
and am good
for now.

Set and stick to a limit

Most of us (82%) drink 4 or fewer when drinking alcohol (NCHA, Spring 2023).

Pace and space your drinks

One per hour, alternate with water, and eat before and while drinking.

Know the policies and laws

Alcohol violations face fines and sanctions. Respect campus and community "quiet hours." Info at uhs.berkeley.edu/aod.

I AM NOT DRINKING TONIGHT

Can I get you
a drink?

No, thanks.
It's not in my
plan for tonight.

You are not alone

More than half (53%) of incoming students don't drink (AlcoholEdu 2022). There are many reasons why students don't drink. You won't be the only person not drinking at the party.

No pressure

There is no obligation to go out and drink. There are many ways to have fun and build community without alcohol.

Play and relax alcohol-free

Contact PartySafe@Cal or Recovery at Cal to learn more about alcohol-free communities on campus.

Learn more at:
uhs.berkeley.edu/aodemergencyinterventions

PARTYSAFE@Cal

HAVE FUN. MANAGE RISKS. REDUCE HARM.