Maybe I’m drinking tonight because...
- I want to have a good time.
- I want to celebrate.
- I want to be outgoing in social situations.
- I want to feel connected with the people around me.
- I like the taste.
- I want to experiment.
- I want to decrease inhibitions.

**WHATEVER YOUR REASONS, THEY'RE YOURS... OWN 'EM!**

**LET'S GET ANOTHER DRINK.**

**MAYBE LATER. I’VE HAD 2 DRINKS AND I FEEL GOOD.**

**BE YOURSELF: DO YOU!**

If you decide to drink tonight be smart and safe with alcohol and help others do the same.

Most college student drinkers (70-90%) avoid negative consequences by drinking moderately and taking a few simple precautions:
- Set and stick to your limit
- Tell a friend what your limit for tonight is
- Make, pace, space and count your drinks
- Alternate between alcoholic and non-alcoholic drinks
- Watch your drink being made and at all times
- Know the alcohol-related policies and penalties
- Buddies agree to leave together when either one wants to

**HELPING AN INTOXICATED PERSON**

Look for Signs of Alcohol Poisoning:
- Cold, clammy skin
- Unconsciousness
- Slowed or irregular breathing
- Puking, particularly while passed out

**HELPING AN INTOXICATED PERSON, CONTINUED...**

Health and Safety are #1 Priorities
- Stay with the person, don’t let them “sleep it off”
- Ensure they rest on their side to prevent choking or vomit
- No food, drink, or drugs if they’ve vomited in last 3 hours (can cause vomiting or choking)
- Keep them still to avoid injury
- If you are unsure about someone’s condition, CALL 911
I’m not drinking tonight because . . .
- Drinking is against my personal values or religious beliefs.
- People in my family have had alcohol problems.
- I have a lot of work to catch up on.
- I don’t need alcohol to have a good time.
- I don’t like the taste or the effects.
- I don’t want to lose control.
- I’d rather do something else.

WHATEVER YOUR REASONS, THEY’RE YOURS . . . OWN ‘EM!

CAN I GET YOU A DRINK?

NO, THANK YOU. I’M DRIVING TONIGHT.

BE YOURSELF: DO YOU!

Did you know . . .
- Nationally, more college students are abstaining from drinking. (NHTS, 2005)
- About 56% of first year college students are non-drinkers. (Alcohol EDU, 2011)
- Of all undergraduate college students, about 24% are non-drinkers. (NIAA, 2011)
- Students at community colleges drink less heavily than students at four year colleges. (HETC, 2006)

Other stuff to do on the weekend besides drinking:
- Go clubbing with friends
- Listen to live music
- Poker night
- Movie nights with friends
- Dinner with your honey or your friends
- Safer sex exercise

What’s out there for all East Bay public colleges?
To find out more about safe partying, counseling and support, and volunteer opportunities visit
http://uh.s.berkeley.edu/doiyou

For more information about DO YOU! contact Health Promotion at University Health Services, Tang Center at UC Berkeley:
(510) 643-7202 or check out our website at:
http://uh.s.berkeley.edu/students/healthpromotion

CARD 1 OF 3. COLLECT THEM ALL!
I MAY BE HAVING SEX TONIGHT . . . I'M NOT HAVING SEX TONIGHT . . .
I AM DATING/IN A RELATIONSHIP . . . I AM SINGLE AND LOVING IT

Do YOU!

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