

DON'T WANT TO DRINK?

You're not the only one!

1/4 of students haven't had a drink in the past month.

1/6 haven't had a drink in the past year.

Let your friends know

ahead of time if you don't want to drink—that way, you'll feel less pressured even if others are drinking.

Don't forget that

non-alcoholic drinks are also available most of the time if you're with people who are drinking.

DRINKING IS UP TO YOU.



WANT TO REDUCE POSSIBLE RISKS?

Alcohol isn't for everyone!

Be mindful of the ways you could be making someone feel pressured to drink or to drink more than they would like.

Drink water between each drink to stay hydrated—you'll thank yourself in the morning!

If you're planning on using another drug, avoid trying it when you've been drinking. Aside from potentially harmful interactions, it could ruin the experience for you.

Be careful about mixing alcohol with other drugs since they can interact in unpredictable ways, including:

Weed & Alcohol

Dizziness, nausea

Prescription Meds & Alcohol

Nausea, blacking out

Other Drugs & Alcohol

Various unintended effects

Look up interactions before mixing.

For more tips:

