



Sun God
says...

Don't miss
the **music!**

Don't be at risk...

- Alternate non-alcohol drinks (drink a bottle of water between alcohol drinks)
- Determine in advance the number of drinks, and don't exceed that!
- Choose not to drink alcohol
- Use a designated driver (someone who does not drink alcohol at all)
- Eat before or during an event
- Avoid drinking games
- Tell your friends to let you know when you've had too much to drink
- Keep track of the number of drinks (especially the amount of liquor)
- One drink = 12 oz. beer, 5 oz. wine or 1.5 oz liquor
- Pace your drinks to one or less per hour
- Choose an alcohol look-alike instead
- Mixing alcohol with other substances is dangerous & possibly deadly

Be a good friend...

- Use the buddy system & watch out for each other
- Arrive together – leave together
- If your friend is unresponsive – CALL 911
- If your friend can't walk on their own or is acting dramatically different – CALL 911
- If you see something shady – say something
- Don't share your medications. What's prescribed for you may hurt your friend
- If someone looks like they're in trouble, ask if they're okay
- If something doesn't feel right, leave and get help

Campus & Community Resources

Student Health Services
(858) 534-3874 • studenthealth.ucsd.edu

Counseling & Psych Svc
(858) 534-3755 • caps.ucsd.edu

Sexual Assault Resource Center
(858) 534-5793 • sarc.ucsd.edu

Alcoholics Anonymous
aasandiego.org

Smart Recovery
smartrecovery.org

Police (858) 534-HELP (4357)