

DO YOU!

**I MAY BE
DRINKING TONIGHT.**

LET'S GET
ANOTHER DRINK.

MAYBE LATER.
I'VE HAD 2 DRINKS AND
I FEEL GOOD.

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

SET AND STICK TO A LIMIT

Most of us drink 4 or fewer
when we drink (CSS, 2011)

PACE AND SPACE YOUR DRINKS

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

KNOW THE POLICIES AND LAWS

Campus and city police enforce all
alcohol regulations.

For more information about DO YOU! contact Health Promotion
at University Health Services, Tang Center at UC Berkeley:
(510) 642-7202 or check out our website at:

<http://uhs.berkeley.edu/doyou/>

MY EXPERIENCES. MY CHOICES.

**I'M NOT
DRINKING TONIGHT.**

CAN I GET YOU
A DRINK?

NO, THANK YOU.
I'M DRIVING TONIGHT.

BE YOURSELF: DO YOU!

BE SELF-CONFIDENT.

NOT EVERYONE DRINKS.

68% of incoming and
28% of all cal students don't drink.

PLAY AND RELAX ALCOHOL-FREE

join the CALifornia Knows How to
Party Facebook group to get inspired
about fun, cheap things to do on
and around campus on the
weekends outside of the party-scene.



is a public health information campaign brought to you by the
following University Health Services programs:



UNIVERSITY HEALTH SERVICES Tang Center