

How much is one drink?

Know the serving size. Plan accordingly.



If you choose to drink:

- Eat before drinking, and continue to eat and drink water throughout the night.
- Set a limit before going out and stick to it.
- Get home safe: use the free CU NightRide, a rideshare like Lyft or Uber, or walk with friends.
- Avoid mixing drugs and alcohol.
- Make a plan with friends before going out. If plans need to change, talk about it as a group.
- In an alcohol or drug related emergency, always call for help. Call 911 or campus security

How to get very drunk!

Forget serving sizes! Drink uncontrollably!



Fun things to do when drunk:

- Have a super silly pillow fight. Blame your sister for the mess!
- Yell at people walking by, stand your ground this is your house.
- Run 13.45 miles: use running shoes, a good way to protect your feet.
- Play Mario Kart with your friends, be sure to use those power ups!
- The FitnessGram™ Pacer Test is a multistage aerobic capacity test that progressively gets more difficult as it continues.
- Smoke a cigarette and look at the ground. Is this what you want? What are you doing with your life?