

To support non-drinkers and moderate-drinkers

- Try not to assume everyone is interested in drinking.
- If you're having friends over, offer non-alcoholic beverages alongside any alcoholic beverages.
- Support your friends when they need to study and decline a social event. If your roommate/housemate needs to study at home, find an alternative space to socialize.
- Engage with your friends in ways that do not involve alcohol. The most meaningful relationships do not revolve around alcohol. (we can potentially link to our new pages)
- Always be respectful of someone's decision not to drink.
- Challenge systems of oppression and power. Students with inherent societal power are often the ones who use peer pressure to make others drink when those students don't want to drink. Step in when you notice these situations; it takes all of us to change the culture.
- When you notice someone who has declined a drink, verbally affirm their decision. These students can sometimes feel isolated in drinking environments; speaking up will help them feel validated and comfortable.
- Refrain from normalizing binge drinking. It is often glamorized; don't play a part in the glamorization. In reality, less than 15% of UC Davis students binge drink.

If you are a non-drinker or moderate drinker

- Remember that "I don't feel like drinking" is always a great response. You don't owe anyone an explanation.
- Keep a drink in hand so that you'll receive less drink offers. Nobody has to know what is in your cup.
- Know that your decisions are valid, and you are not alone at UC Davis. Nearly 40% of UC Davis students choose not to drink, and the vast majority of those who do, do not participate in binge drinking.
- Check out more low-risk drinking tips [here](#)