All of us at the University of San Francisco wish you a wonderful and safe 21st Birthday. Celebrate your new freedom responsibly.

From, Your Dean of Student Development and Student Life Staff

IF YOU CHOOSE TO CELEBRATE WITH ALCOHOL—THINK BEFORE YOU DRINK

EAT A FULL MEAL
Eating high protein foods will slow down the absorption rate so alcohol won’t hit your system all at once.

PACE YOUR DRINKING
Consider alternating your drinks with water. It takes your liver about 1 hour to process each alcoholic drink.

AVOID DRINKING GAMES
Drinking games make it hard to judge how much you are drinking and how quickly.

BRING A MOBILE PHONE
Have a mobile phone with you and be sure to program taxis & emergency numbers in case you need a ride or a call for help.