

# Welcome Week: Start Smart

Drink  
Rethink



Here's to Welcome Week! A unique and exciting time for new university students. However, with all the excitement, it's easy to get caught up and fall into unhealthy habits.

Starting university is an amazing time filled with new experiences, friendships and opportunities. But it's important to stay mindful of how much you are drinking so that you can enjoy all that university life has to offer.

It can be overwhelming, and we want you to have the best time as you embark on your university journey. Read on for some drinking tips to help you navigate and enjoy your Welcome Week!

## How to navigate peer pressure

In new environments, surrounded by new people you may feel pressure to fit in and drink more than you're comfortable with, but it's okay to say no. It can be difficult at first, but try and speak up. Make a plan, drink at your own pace and stick with it.



If you're feeling anxious about social situations, remember that many students feel the same. Take breaks when needed, be honest with people about how you feel and focus on enjoying the new experiences.

## Pace yourself and know your limits

Enjoy social events and have fun, but remember to drink slowly and alternate alcoholic drinks with water. Avoid binge drinking and try to have several drink-free days each week.



Consider swapping to low or alcohol-free options of your favourite drinks to keep things balanced and ensure you can have a great time without overdoing it.

## Tips to stay safe and enjoy nights out

### *Eat well and drink plenty of water before heading out*

Food helps slow the absorption of alcohol, stopping it going to your head too quickly, so now's the time to put those student cooking skills to the test.



### *Make your drink (and your night) last longer*

Avoid pre-drinking or pre-loading to help you maintain control throughout the night. Chat, snack, drink water, get some fresh air, and opt out of drinking rounds whenever you need to.



### *Be alert*

Keep an eye on friends, watch out for drink spiking, and stick together to get home safely.



Check your drinking with Drinkaware's [FREE Drinking Check](#)