21 is the legally designated age to consume alcohol. Despite a person’s age, there are always risks to health and safety when consuming alcohol. The best way to avoid these risks is to avoid alcohol altogether.

If you choose to drink, please consider the information below:

Potential risks associated with alcohol consumption include:

- Over consumption leading to over intoxication and potential alcohol Poisoning
- Blackouts
- Being served more alcohol then expected
- Being alone due to separation from friends
- Leaving the bar alone or with a stranger

These risky behaviors can result in unplanned and potentially dangerous outcomes that carry both short and/or long term consequences such as; unwanted sexual contact or sexual assault, physical violence, and possibly even death.

21+

If you are 21+, and make the decision to drink alcohol, keep in mind that there are risks involved. Below are some ways that will help reduce your risks and avoid unwanted and undesirable consequences:

- **ALWAYS** stay with friends
- Do NOT accept drinks from anyone, unless you see the bartender making the drink
- Make a plan as to how and where to go when leaving the bar
- Set a limit of standard drinks before going out
- Count the number of drinks consumed
- Only bring a certain amount of money to ensure you are not over consuming
- **NEVER** drive under the influence of alcohol
- If feeling too intoxicated, **ALWAYS** inform a friend and **NEVER** leave alone

The Office of Prevention and Education at Northeastern, (O.P.E.N.) is an available resource for students throughout the entire summer. Please feel free to call/email us for a personalized alcohol check-in.