GAME DAY TAILGATING - loads of fun, but also a time where the fun may catch up with you. Sarah and Chaz are in it to win it, but they know what it takes to stay safe. They enjoy the day, but always know the plan and always plan on a DUDE. Take a look at how their fun time affects their \*BAC. \*BAC calculations are estimated. Alcohol affects everyone differently. If you are drinking, never drive. extraordinaire Chaz 160 lb. 21 years old Drinks on Chaz met up with friends before the game and drank 2 beers Sarah on an empty stomach. 140 lb. \*BAC 21 years old Prefers light beer Sarah met up with friends and drank 2 light beers after a light 2:05 pm breakfast. Food slows down \*BAC absorption of alcohol, giving you more time to eliminate it Chaz grabs a burger and downs another beer. 2:42 pm Your body eliminates .015% .03 - .04of alcohol per hour. Sarah meets a new group of friends and drinks 2 more light beers. 3:11 pm The food Chaz ate earlier is still helping reduce his rate of alcohol absorption. Snacking doesn't help alcohol Chaz munches on chips absorption. Eat a full meal with and grabs 2 more beers. protein to help absorb alcohol. Sarah drinks 2 more light beers and snacks on some food. \*BAC Chaz goes Sarah attends to the game the game, but and has soda does not eat or pm and snacks. **6:40 pm** drinks anything He leaves four hours later sober, else. Three hours later, she but still hands over his keys to



heads home, leaving the

driving to the DUDE.

U in the Driver Seat is a college peer-to-peer program designed to give students the tools and information they need to help educate each other about the dangers of drinking and driving. Find out more at u-driver.com.



a great friend and DUDE, just

\*BAC

to be safe.