PARTY LIKE A SLUG!

WHAT’S YOUR PARTY PLAN?

SLOW DOWN, BE SAFE AND SENSIBLE

• Stick to the “buzzed” feeling to lower your risk
• Eat before you go out – real food and plenty of it
• Count your drinks and set a limit before going out
• Sip your drinks. Hard & fast drinking leads to more severe consequences
• Alternate with water or other non-alcoholic beverages

LOOK OUT FOR ONE ANOTHER

• Be willing to step up and take action to assist others if needed
• Recruit & utilize your friends/others if you feel the need to intervene
• If you see a friend in a situation, try saying: “do you want to get food?” and “do you want to go to another party?”
• It is always okay to remove yourself from a sketchy situation

UNDERSTAND THE FACTS

• Alcohol is the most widely used drug and the most widely abused drug
• Alcohol has a lethal dose like any other drug
• Mixing alcohol and any other drug is dangerous. Mixing drugs have unpredictable and uncontrollable synergistic effects
• There are very serious consequences of excessive high-risk drinking

GET HELP WHEN NEEDED

• There are lots of resources available to you on campus
• Call 911 if someone shows signs of alcohol poisoning
• Notify the local police, apt. manager, and/or landlord of any suspicious individuals
• Don’t be afraid to make a scene if you’re being threatened