

PARTY LIKE A SLUG!

WHAT'S YOUR PARTY PLAN?

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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

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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

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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

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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

