



PARTY SAFETY TIPS

DRINKING TIPS

- Remember, it's always okay to stay sober and choose not to drink.
- Set a limit of the number of drinks you want to have before the party begins. Tell a friend the amount and stick to it.
- Make your own drink and watch your drink at all times.
- Pace yourself to have one drink per hour.
- Don't chug or gulp alcohol quickly, and limit your drinking game-playing.
- Drink water or non-alcoholic beverages between alcoholic drinks.
- Add more ice to your alcoholic drinks to slowly dilute them.
- One drink equals: 12 oz of beer, 5 oz of wine, or 1.5 oz of hard liquor.

AT THE PARTY

- Be aware of your surroundings at all times.
- Never separate from your friends.
- Use the buddy system and have a code word for when one of you is in trouble.
- Make sure you tell a friend where you are going and when you'll be back. Update them as your plans change.

BE AWARE

ON CAMPUS TIP: Know where the blue safety phones are on-campus and how to use them in case of emergency.

THEFT: People under the influence are easier targets for theft. Lock away your valuables and don't bring anything with you that you would be upset to have stolen.

INJURY: Balcony capacity tends to be less than we would think. Don't overcrowd the balcony. Also, rooftops are dangerous places even when sober, so don't use them for additional space for the party. Finally, don't play with fire, especially when intoxicated.

SEXUAL ASSAULT: Alcohol is frequently involved in cases of sexual assault. Make sure someone knows where you are at all times. Also, no one under the influence can consent to sexual activity. All sexual assaults are punishable both by the local police departments and the University of Florida.

AT THE PARTY (CONT.)

LADIES

Take the free University of Florida Police Department Rape Aggression Defense (RAD) class. It may help in the long-run and potentially aid you in preventing any unwanted situations.

<http://www.police.ufl.edu/community-services/rape-aggression-defense-program-rad/>

- Take turns being a sober Designated Driver with your friends – it's the best gift you could give to each other!
- Don't get in a car with someone you do not know or with someone you don't know very well. In other words, don't get in a car with that person you just met at the party.
- Remember, it is always better to call the police before an incident occurs rather than waiting until it may be too late.

BROS

If you see your buddy starting to get into a fight, step in and help calm down the situation so everyone benefits.

You don't have to out-drink your friend to be considered cool.

Be Well. Do Well.
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