Use Your Power.
#ChoicesMatter

Party Safe
Have fun. Be smart.

University of Delaware
Student Wellness & Health Promotion
FORMERLY WELLSPRING
Being in college means sometimes making decisions that will affect your safety and wellbeing. Read this brochure for tips on making safe party decisions.
NOT EVERYONE DRINKS IN COLLEGE
The University and Registered Student Organizations provide TONS of activities that don’t involve shot glasses and red solo cups. http://studentcentral.udel.edu

Check out:
The OPT4 Facebook page – OPT4 is an RSO in which the members decide which activities to provide for the student body as fun, non-drinking activities. www.facebook.com/groups/v8.opt4

The StUDent Events Twitter feed/Facebook page – This Twitter feed lists events on campus. There is ALWAYS something to do if you choose not to drink. You can also check out the StUDent Events Facebook page for a more detailed look at upcoming events. www.facebook.com/UDevents www.twitter.com/StUDentEvents

The UD Events web page – The University’s event calendar provides students who don’t drink with other options. Movie night in Trabant anyone? http://events.udel.edu
BUT IF YOU CHOOSE TO DRINK…

• Eat before you drink.
• Watch your drink being prepared and never leave it unattended.
• Reduce the amount you drink.
• Pace yourself.
• Alcohol mixed with other substances can be unpredictable.
• NEVER continue drinking after you have thrown up.
• Not all alcohol is created equal. Be aware of how much you’re really drinking.
• Use your phone to keep track of your drinks.
• Drink non-alcoholic drinks in between.

Have fun.
Be smart.
Amnesty at UD

If you seek medical attention due to your level of intoxication or that of another person, the Office of Student Conduct may not pursue disciplinary sanctions.

IF YOU OR A FRIEND DRINK TOO MUCH, IT IS IMPORTANT TO KNOW HOW AND WHERE TO GET HELP.

Know the Symptoms of Alcohol Poisoning

- Inability to rouse a person with loud shouting or vigorous shaking.
- Inability of a person who is passed out to remain alert for more than a few minutes.
- Slow or irregular breathing
- Cold, clammy skin or change in skin color.
- Vomiting while passed out, not waking up after vomiting, or incoherent while vomiting.
- Weak, very rapid or very slow pulse.

If even one of these signs is present, call 911!
**The City of Newark Party Host Assistance**

If you’re throwing a party at your house and you only recognize a handful of people, your carpet is soaked with beer and someone’s passed out in your bed, don’t hesitate to **call the police for assistance.** In fact, whenever a party host feels things are out of control, they can call the police for help and will be subject to less enforcement action.

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**IF YOU ARE HOSTING A PARTY, PLAN AHEAD**

- Talk to your neighbors about the party. The most common reason police come to a party is a complaint about noise and disorderly conduct.
- Purchase food and non-alcoholic drinks—not everyone wants to drink alcohol.
- Make sure one host will stay sober to handle problems throughout the night.
- Avoid partying outside after 9 p.m. in conjunction with the city noise ordinance.
- If guests are visibly drunk, take responsible action.
LOOK OUT FOR YOUR FELLOW BLUE HENS

If you see someone in an unhealthy or dangerous situation, do the following:

- Assess the situation (is this a safe time/place to intervene? Are there others around who can help?)
- Assess your ability to intervene (Have you been drinking? Do you feel capable?)
- Consider your limits—are you prepared to carry out the intervention? For example, are you ready/able to call for help, leave, ask someone else to leave, etc.?

After you’ve assessed the situation…Dare to intervene!

- Not comfortable intervening? Call 911 or get the RA or other help.
- Use assertive language, take deliberate action.
- Ask questions.
- Use humor/sarcasm if appropriate.
- Use a group intervention (tell others and ask them to help).
- Situation out of control? Call 911!
IF YOU EVER NEED HELP, JUST PICK UP YOUR PHONE…

Student Wellness & Health Promotion  302-831-3457
Sexual Offense Support (SOS) 302-831-2226
Office of Student Conduct 302-831-2117
Public Safety (non-emergency) 302-831-2222

**Emergencies**  911
Student Health Services  302-831-2226
Center for Counseling &
   Student Development  302-831-2141
Office of the Dean of Students  302-831-8939

For more information on making safe drinking decisions, visit the
Student Wellness & Health Promotion Website.
[www.udel.edu/studentwellness](http://www.udel.edu/studentwellness).

For more information about UD’s medical amnesty protocol, visit
[www.udel.edu/amnesty](http://www.udel.edu/amnesty).

For more information about sexual assault support at UD, visit
[www.udel.edu/sos](http://www.udel.edu/sos).

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