

So, you're thinking of going to a party....

If you are under 21, it is illegal to consume or possess alcohol.

Do not drink and drive or get in a car with a drunk driver.

Travel to and from the party with others you know.

Make sure you know people at the party.

If you drink....

Drink on a full stomach.

Know what is in your drink and do not leave it unattended.

Do not play drinking games (but if you do, don't gang up on one person).

NEVER continue drinking if you have thrown up.

NEVER consume 21 drinks on your 21st birthday.

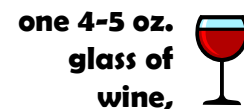
Pace yourself--don't drink too much too fast.

Do not combine alcohol with other drugs (legal or illegal).

Responsible drinking is consuming no more than one alcoholic beverage per hour . . .



one 12 oz. can of beer,



one 4-5 oz. glass of wine,

one mixed drink



or one shot.

Try to alternate drinks with non-alcoholic beverages such as water, soda, juice, etc.

Know the symptoms of alcohol poisoning

- Person is unconscious or semi-conscious;
- Person cannot be awakened;
- Person has cold, clammy, pale or bluish skin;
- Breathing is slow or irregular;
- Person is unconscious and breathing is less than 10-12 times a minute or ten seconds or more between breaths;
- Person vomits while sleeping or passes out;
- Person does not wake up after vomiting.

How to get help

- Call 911 or use a blue light phone (if on campus).
- Don't leave the individual alone. Turn the person on his or her side to prevent choking or vomiting. Continue to monitor breathing.
- If the person is unable to walk or is vomiting, he or she needs medical attention.
- Do not leave the person alone or try to give food, coffee or a shower.
- If you don't know what to do, call for help to transport the person to Student Health Services or the hospital emergency room.

Focus on your friend's health, not on keeping them out of trouble!

When you leave the party

- Don't leave alone. If you arrived with friends, don't leave without them.
- Walk in well-lighted areas.
- Cross railroad tracks at legal crossing areas only.
- Do not walk on public property (sidewalks, streets) with an open container of alcohol — it is illegal.
- Do not urinate in public.
- When walking home, be respectful of the community. Do not make loud noises, cause disturbances or damage property.
- Place empty cans, cups or bottles in trash receptacles!
- When you return to your residence, be considerate of your roommate(s), neighbors and other people around you.

Possible fines for party-goers in the City of Newark and at UD

Underage possession/consumption
\$200 to \$500 fine and 30 to 180 - day license revocation

Open container of alcohol (sidewalks, streets)
\$50 minimum fine regardless of age

Disorderly Conduct
Fines from \$100 to \$500

UD Judicial Sanctions for Code of Conduct Offenses Involving Alcohol

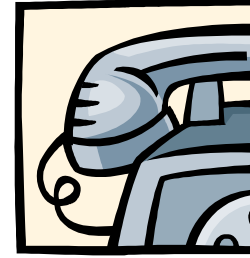
- **First offense may include but not limited to:**
 - disciplinary probation for one year, alcohol education, \$100 fine, parental notification
- **Second offense may include but not limited to:**
 - deferred suspension from the University for 1 year,
 - substance abuse referral, \$250 fine,
 - parental notification
- **Third offense may include but not limited to:**
 - suspension from University for 1 year,
 - parental notification

If you are arrested by the Newark Police, you will also be charged in the UD judicial system.

For a comprehensive list of the laws governing alcohol use on campus and in the City of Newark, please refer to "A Guide to Alcohol Laws in Newark, Delaware, and at UD," available at www.udel.edu/wellspring

Even though you are awake, your neighbors and friends may not want to be!

(Save next to the phone)



Places to get help when calling from a residence hall phone

- Emergency.....911**
- UD Police.....5-2222**
- Newark Police (non-emergency).....9-366-7111**
- Residence Life.....5-1201**
- RSA.....5-2773**
- Seacoast Taxi..... 9-834-7575**
- Student Health Services..5-2226**
- Wellspring.....5-3457**
- Your RA.....**

**Delaware Designated Driver
Fri & Sat, 10pm-2am
(302) 999-9079...volunteers
drive you home in your car**

*How can we improve this guide?
Please contact Tracy Downs at
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This guide is sponsored by the Resident Student Association (RSA) and funded by Wellspring (www.udel.edu/wellspring)