Safely and responsibly?

Let’s face it. When it comes to parties, no one likes limitations. No one likes to ruin the fun. But the next time you’re holding your girlfriend’s hair back while she pukes or wrestling with your best friend to give up his car keys, it might occur to you that there’s a better way. A happy medium between the buzz and the buzzkill. And that’s what this brochure is all about. It’s about being safe, being smart, and still having a really good time.

GETTING HELP
(for you or a friend)

PEER EDUCATION IS AVAILABLE FROM:
Golden ARCHES Peer Education Program
Wellness Center, Costo 224
Tel: (951) UCR-WELL (827-9355)
www.arches.ucr.edu

The BACCHUS Network
www.bacchusnetwork.org

COUNSELING SERVICES ARE AVAILABLE:
Counseling Center
Veitch Student Center, North Wing
Tel: (951) UCR-TALK (827-8255)
www.counseling.ucr.edu

STUDENT HEALTH INFORMATION:
Wellness Center
Costo 224
Tel: (951) UCR-WELL (827-9355)
www.wellnesscenter.ucr.edu

Campus Health Center
Veitch Student Center, South Wing
Phone: (951) 827 - 3031
Email: health@ucr.edu
www.campushealth.ucr.edu

UCR SAFERIDE:
951-UCR.TAXI • It’s safe. It’s smart. It’s FREE!

This brochure is part of the Safer California Universities Project. For more information about this project, contact Doug Everhart, Coordinator, Health & Wellness Education Programs at 951.827.2874 or everhart@ucr.edu

For questions regarding enforcement issues, contact the UNET Office in University Village at 951.686.7289 or the UCPD at 951.827.5222

UCRIVERSIDE
Wellness Center
900 University Ave, 224 Costo, Riverside, CA 92521

HEREBY VOW TO PARTY
BEFORE THE PARTY

• EAT A FULL MEAL. Eating a substantial meal (not just chips and salsa) will slow down the absorption rate so alcohol won’t hit your system all at once.

• MAKE PLANS! Figure out how you’re getting to the party and how you’re getting home safely. There are many options out there such as having a sober designated driver, using UCR SafeRide (951.UCR.TAXI) or other Riverside transportation options (Metrolink, RTA bus, etc.).

• SET LIMITS. Get together with your friends and set a limit of how many drinks you’re going to have and make sure to stick to it. Looking out for each other is critical in keeping you and your friends safe.

• WHAT’S MY MOTIVATION? Think about whether or not you’re drinking for the right reasons. It’s fun to celebrate a birthday or a special occasion but if you’re drinking to reduce stress, get over a breakup, or release anger, remember that alcohol is a depressant and will only amplify the feelings you already have. Drinking should not be the primary focus of any activity.

• REMEMBER YOUR MEDS! Use alcohol cautiously in connection with any medication or other drugs. Example: Antihistamines and alcohol can induce excessive sedation, so it would be best to avoid this combination.

DURING THE PARTY

• PACE YOURSELF! Alternate your drinks with water. It takes your liver about 1 hour to process each alcoholic drink (commonly defined as 12oz. domestic beer, 5oz. table wine, 1oz. 100-proof liquor), depending on your size, food consumed, and other factors. BTW... drinking carbonated beverages with alcohol or carbonated alcohol preparations increases the absorption of alcohol into the bloodstream, while diluting alcohol with water slows absorption.

• DON’T MIX YOUR DRINKS. Stick with one type of alcohol. Alternating different types of alcohol will raise and lower the sugar in your bloodstream which can just make you sick and put the end to a fun night.

• DRINK SLOWLY. If you sip a drink and do not have more than one drink per hour, the alcohol will not have a chance to build up in your bloodstream. This is due to the natural metabolic functioning of the liver.

• AVOID DRINKING GAMES. When playing them, it’s hard to judge how much you are drinking and in how long a time span.

• STICK TOGETHER. Use the buddy system to monitor each other’s intake and prevent unwanted hook-ups.

• THAT’S SO HIGH SCHOOL! Don’t succumb to peer pressure. And recognize another’s right to drink or not to drink.

• EVERYONE’S NOT DOING IT. Believe it or not there are students who go through four years at UCR, attend a ton of parties, and never touch drugs or alcohol. They’re at all the same parties as you, they’re stone cold sober, and they’re still having a blast.

• KEEP AN EYE ON YOUR DRINK! Trust your instincts. Remember that alcohol is still the #1 date rape drug. If you or a friend feel extremely drunk after only a few drinks, get help because you may have been drugged.

• COOPERATE WITH POLICE. If police are called to the party, do them and yourself a favor and cooperate. Provide proper I.D. when asked for it and allow them to carry out their investigation.

AFTER THE PARTY

• LEAVE WITH YOUR FRIENDS. (Note to self: A friend is someone you knew before the evening began.)

• DRINK WATER. Drink water to counteract the dehydration from the alcohol and to prevent a hangover the next day.

• BE A PARTY MARINE. No matter what, never leave anyone behind. Make sure everyone gets home safe.

• MONITOR YOUR FRIENDS’ BEHAVIOR. If any of your friends are still very intoxicated, don’t leave them alone. Be sure to check on them throughout the night since their BAC (Blood Alcohol Concentration) can still rise even though they’ve stopped drinking.

FIRST AID FOR THE INTOXICATED

Due to the physiological effects of alcohol consumption, it is important to know how to administer first aid for an intoxicated person. The following are some guidelines if a problem does develop.

• There is no way to sober up quickly. The amount of alcohol in the blood is controlled by the metabolic rate of the liver. A general rule of thumb: It will take as many hours to sober up as the number of drinks ingested.

• If a person has had “one too many” and passes out, monitor his/her breathing to make sure it is normal. Roll him/her on his/her side so he/she will not choke in case he/she vomits. If his/her breathing is irregular and he/she doesn’t respond, call immediately for medical help; call 9-1-1.

• If the person is not breathing, proceed with mouth-to-mouth resuscitation and CALL 911 immediately.

• Familiarize yourself with the signs of alcohol poisoning.

SIGNS OF ALCOHOL POISONING

You should call 9-1-1 if you see someone exhibiting behavior that might indicate alcohol poisoning such as any of the following symptoms:

• Unresponsive, unable to be awakened

• Slow, shallow breathing (12 or fewer breaths per minute or time lapes of more than 8 seconds between breaths)

• Cold, clammy, pale or bluish skin

• Repeated, uncontrolled vomiting

After you call 9-1-1, place the person on his/her side with knees bent to prevent choking from vomiting. Do not leave that person alone!

Finally, it’s much easier to apologize to a friend for overreacting, than to have to apologize to their family for underreacting. Most alcohol poisoning deaths result from medical services not being activated in time.

Contact the Wellness Center (951.UCR.WELL) for more information.