Student’s guide to safer partying

This brochure was made by students for students.
Our goal

Our goal is to provide information to UW-River Falls students so your next house party will be fun and safe. We will share some tips to reduce the dangers involved and offer advice to make your night out a success.

This brochure offers some advice for those who drink and for those who choose not to drink.

Safe partying guide

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What is a house party?

The type of house party that we are referring to is a large group gathering of people who either were invited or just heard about the party. These types of events often involve loud music, alcohol, smoking, and a cover charge.

About alcohol

- Alcohol is a very serious issue on most college campuses, including our campus.
- Alcohol is a powerful drug that can turn fun events into very dangerous situations. This drug has the ability to impair the thinking of individuals which restricts their ability to make rational decisions.
- Alcohol can prevent people from using their good judgment, and following their values.
- The legal blood alcohol limit in both Wisconsin and Minnesota is .08 for driving and if you are 21 or above.
- The legal limit if you are under 21 is .00.
• Decide who is going and a safe way to get there and home.

• Charge your phone and make sure to bring it with you.

• Agree to come back together after you leave the party.

• Plan a signal, between friends, so you are all on the same page if something should happen.

• If you choose to drink, make sure to eat something before you go out; this may help control your BAC (blood alcohol content).

• Get a sense of how much each drink will affect your body. (Use the chart below to calculate your blood alcohol level after each drink).

• If playing drinking games, remember that you can stop at any time. Try to spread out your games so that it doesn’t hit you all at once.

• Plan the number of drinks you will have, and stick to it.

Pre-party

<table>
<thead>
<tr>
<th>Blood alcohol concentration</th>
<th>Women</th>
<th>Number of drinks (per hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body weight</td>
<td>1</td>
<td>2</td>
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<tr>
<td>90 lbs.</td>
<td>.053</td>
<td>.106</td>
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<td>100 lbs.</td>
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<td>110 lbs.</td>
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<td>120 lbs.</td>
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<td>130 lbs.</td>
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<td>140 lbs.</td>
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<td>160 lbs.</td>
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<td>170 lbs.</td>
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<tr>
<td>180 lbs.</td>
<td>.026</td>
<td>.052</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Blood alcohol concentration</th>
<th>Men</th>
<th>Number of drinks (per hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body weight</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>120 lbs.</td>
<td>.031</td>
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<td>130 lbs.</td>
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<td>160 lbs.</td>
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<td>170 lbs.</td>
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<td>180 lbs.</td>
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<td>190 lbs.</td>
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<tr>
<td>200 lbs.</td>
<td>.019</td>
<td>.038</td>
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<tr>
<td>210 lbs.</td>
<td>.018</td>
<td>.036</td>
</tr>
<tr>
<td>220 lbs.</td>
<td>.017</td>
<td>.034</td>
</tr>
</tbody>
</table>
• Party with a group of people you trust.
• Make sure the place you are partying at looks and feels safe.
• Set a drink limit for the evening and spread them out over the evening.
• Keep track of how many drinks you have.
• Have a friend let you know when you’ve had enough.
• Always get your own drink and never leave your drink unattended as drugs can be put in it. Get a new drink if your drink is left unattended at all.
• Eat while drinking, if possible. Bring some snacks to munch on to help absorb the alcohol.
• Alternate non-alcoholic and alcoholic beverages.
• Choosing not to drink alcohol is always an option. Try juice, bottled water, etc.

One drink =
12 oz. bottle of beer
5 oz. glass of wine
4 oz. mixed drink
12 oz. wine cooler
1.5 oz. 80 proof liquor
Post-party

• Make sure you know where everyone you came with is going after the party.
• Walk as a group back to your home/residence hall quietly to avoid drawing attention.
• If you came in a car make sure the driver is sober.
• Don’t let friends who are intoxicated leave alone with someone.

The City of River Falls Taxi Service provides taxi free rides in River Falls for UWRF students Thursday through Saturday nights from 10 p.m. to 3 a.m. when classes are in session. Call 715-425-7878. This is a collaborative program between UWRF Student Senate and the City of River Falls Taxi Service.
Sickness

If you see someone semi-conscious or passed out, they could have alcohol poisoning. Take action by:

• Staying with the person
• Not putting them to bed to “sleep it off”
• Laying the person on their side, whether or not they are vomiting
• Monitoring the person’s breathing
• Getting medical help
• Not being afraid to call 911

Party etiquette

• Don’t steal from the hosts.
• Don’t break things in the house.
• Be respectful to the hosts as they are trying to have fun as well.
• Be aware of the house rules.
• Don’t BYOB.
• Don’t carry cups out of the house.
Wisconsin Act 279 prohibits the issuance of certain disciplinary sanctions or underage drinking citations to students who have been victims of sexual assault or sexual violence crimes or for the bystander who requested emergency assistance for the victim of sexual assault.

- Don’t let your friends leave with someone they just met at the party. Instead, get a phone number or snapchat.
- In eight out of 10 cases of rape, the victim knew the perpetrator (https://www.ncjrs.gov/pdffiles/victcost.pdf).
- Be cautious and watch out for yourself and your friends when approached by people you do not know.
1. **See the problem - be the change.** DON’T ASSUME SOMEONE ELSE WILL DO SOMETHING. TAKE IT UPON YOURSELF TO STEP UP.
   - “90% of UWRF Students believe it is their responsibility to intervene in a problematic situation.”

2. **Approach like a friend.** Publicly state your intention to help and intervene in the safest way possible.
   - “It was the right thing to do” (The main reason students intervene.)

3. **Help end the problem.** If it is safe and you are willing to help, implement the most appropriate skills and strategies for the situation
   - 66% of students who have intervened when someone had too much to drink, did so because “Someone Needed Help.”

4. **Recruit others if needed.** Enlist others to Step Up with you.
   - Engage others – I’ll do A, you do B.

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**University Police on campus**

**On-campus underage consumption:**

- **First offense:** $263.50
- **Second offense:** $389.50
- **Third offense:** $515.50
- **Fourth and above offense:** $767.50

*Fine amounts subject to change.*

Continued alcohol violations could result in termination of your housing contract and could affect your financial aid.
The following is a list of fines commonly given to people at off-campus parties by the River Falls Police Department:

- **Public urination**: $124
- **Battery**: $376 or court trial
- **Disorderly conduct**: $187
- **Damage to property**: $250 plus restitution for damages
- **False ID**: First Offense $187– the fine increases for each additional offense.
- **Possession of Drug Paraphernalia**: $187

### On-campus underage consumption

- **First offense**: $187 may also have your Driver’s License suspended.
- **Second offense**: $313 suspension of Driver’s License and alcohol assessment.
- **Third offense**: $439 with up to two years Driver’s License suspension.
- **Fourth and above offense**: $691 with two years Driver’s License suspension.

*Fine amounts subject to change.*
Conclusion

Hopefully this guide has given you some ideas to make your night out a little safer and less expensive.

Remember that even though it can be a lot of fun to party, how you decide to act while partying will still be with you in the morning. If you have any questions or concerns, please contact Student Health and Counseling Services at 715-425-3293 or 715-425-3884.
Counseling Services are available for currently enrolled UWRF students. Services are confidential, free, and provided by professional licensed counselors. Services are provided by on-campus counselors located in Student Health and Counseling Services. Students may call 715-425-3884 to schedule an appointment. For more information, check out www.uwrf.edu/studenthealthandcounseling.

Alcohol and other drug assessments are available (a fee is charged if the assessment is required as part of a court or other sanctions) for UWRF students through UWRF Counseling Services. Students also have Online Mental Health screenings available for drinking habits, mood changes, feeling sad, etc. For more information, visit https://www.uwrf.edu/studenthealthandcounseling/counselingservices/onlinementalhealthscreening.cfm.

Student Health and Counseling Services

410 S. 3rd Street
River Falls, WI 54022
715-425-3293/3884
www.uwrf.edu/studenthealthandcounseling