Student’s guide to safer partying
This brochure was made by students for students.
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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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 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 while driving a motor vehicle. If you are under 21 and consuming alcohol anything above a .00 is illegal (unless you are with your parent or spouse who would be over 21). If you are driving and above a .00 and under 21- this falls under the absolute sobriety law and further penalties apply.
• Decide who is going and a safe way to get there.
• 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.

<table>
<thead>
<tr>
<th>Blood alcohol concentration (women)</th>
<th>Blood alcohol concentration (men)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body weight</td>
<td>Number of drinks (Per hour)</td>
</tr>
<tr>
<td>90 lbs.</td>
<td>.053 .106 .159 .212 .265 .318</td>
</tr>
<tr>
<td>100 lbs.</td>
<td>.047 .094 .141 .188 .235 .282</td>
</tr>
<tr>
<td>110 lbs.</td>
<td>.042 .084 .126 .168 .210 .252</td>
</tr>
<tr>
<td>120 lbs.</td>
<td>.038 .076 .114 .152 .190 .228</td>
</tr>
<tr>
<td>130 lbs.</td>
<td>.036 .072 .108 .144 .180 .216</td>
</tr>
<tr>
<td>140 lbs.</td>
<td>.033 .066 .099 .132 .165 .198</td>
</tr>
<tr>
<td>150 lbs.</td>
<td>.031 .062 .093 .124 .155 .186</td>
</tr>
<tr>
<td>160 lbs.</td>
<td>.028 .056 .084 .112 .140 .168</td>
</tr>
<tr>
<td>170 lbs.</td>
<td>.027 .054 .081 .108 .135 .162</td>
</tr>
<tr>
<td>210 lbs.</td>
<td>.018 .036 .053 .071 .090 .107</td>
</tr>
</tbody>
</table>
• Party with a group of people you trust.
• Make sure the place you are partying at looks and feels safe.
• Know how much you can handle; you don’t want to be put into an uncomfortable situation.
• Set a drink limit for 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 watch it because drugs can be put in it.
• 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 another option. Try juice, bottled water, etc.
• Be aware of being in pictures that may put you in a compromising situation in the future.
• Be courteous to others about taking pictures of them and posting if you do not know them or don’t have their permission.

One drink =
12oz bottle of beer
5oz glass of wine
4oz mixed drink
12oz wine cooler
1.5oz 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.
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.
• Don’t lip off to the hosts, they are trying to have fun too.
• Be aware of the house rules.
• Don’t bring your own alcohol.
• Don’t carry cups out of the house.
Fights and sexual assault

- Don’t let your friends leave with someone they just met at the party. Instead, get a phone number.
- Remember, 75% of males and 55% of females involved in date rape had been drinking or using drugs at the time (wcasa.org).
- Also, 7 out of 10 rape or assault victims knew their attacker (wcasa.org).
- Don’t get too aggressive when drinking. Learn to let the little things go. You’re there to have fun, not fight.
- Be cautious and watch out for you and your friends when approached by people you do not know.
- If you see some people starting to get into an argument, try to break it up, but do not stand in the way of a fight.
STEP UP - OWN IT

1. **See the problem - be the change.** DON’T ASSUME SOMEONE ELSE WILL DO SOMETHING. TAKE IT UPON YOURSELF TO STEP UP
   - “87% 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.
   - 67% 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.

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 that are commonly given to people at off-campus parties by the River Falls Police Department:

**Public urination, defecation, and vomiting:** $124.00.

**Battery:** $376.00 and subsequent- $691.00.

**Damage to property:** $250.00 plus restitution for damages.

**False ID:** First Offense $187.00- the fine increases for each additional offense. MN looks upon this as identity fraud and additional consequences may be given.

**Off-campus underage consumption:**

**First offense:** $187.00 may also have your Driver’s License suspended.

**Second offense:** $313.00 suspension of Driver’s License and alcohol assessment.

**Third offense:** $439.00 with up to two years Driver’s License suspension.

**Fourth and above offense:** $691.00 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 Services at (715) 425-3293.
Counseling Services are available for currently enrolled UWRF students. Services are confidential, free, and provided by professional staff. Individual counseling is provided by four on-campus counselors, located in the Career, Counseling & Student Health Services at 211 Hagestad Hall (715-425-3884). Students may call to schedule an appointment. For more information check out http://www.uwrf.edu/StudentHealthAndCounseling/Counseling Services

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 E-CHUG available, it is a short online survey that provides you with an accurate, detailed assessment of your alcohol use. For more information visit: http://www.uwrf.edu/StudentHealthAndCounseling/

Student Health and Counseling Services
211 Hagestad Hall
410 South 3rd Street
River Falls, WI  54022
715-425-3293/3884
http://www.uwrf.edu/StudentHealthAndCounseling/