TRITONS PARTY SAFER
BE IN THE KNOW BEFORE YOU GO

When to Call for Help
You know when something’s not right. Trust your gut, and call 911 if you see any of the following signs. Immediate action could make the difference.

⚠ Dramatically different behavior than normal
⚠ Can’t walk on their own, or hold self up
⚠ Not responsive, can’t be woken up
⚠ Vomiting while non-responsive
⚠ Irregular breathing – very fast, or very slow
⚠ Skin tone/lips have bluish color

Not All Drinks Are Created Equal
Know what you’re drinking, pace your drinks, and set your limit ahead of time.

| Amount of alcohol | BAC
|-------------------|------
| 12 fl oz of regular beer | about 5% alcohol
| 8-9 fl oz of malt liquor (shown in a 12-oz glass) | about 7% alcohol
| 5 fl oz of table wine | about 12% alcohol
| 1.5 fl oz shot of 80-proof spirits ("hard liquor") | about 40% alcohol

Blood Alcohol Content (BAC) is affected by:
- Amount of food consumed
- Period of time that alcohol is consumed
- Other: medicine, gender, age, height, weight, etc.

The Reality of “Pure” Drugs
Synthetic drugs, such as Molly, are often mixed with other, more dangerous substances, such as bath salts and methamphetamine.

2014: Pills Sold as 'Ecstasy' Found to Be...

- MDMA*
- MDMA + Other substances**
- No MDMA**

*Level of potency varies between MDMA only drugs, and can be deadly.
**These substances were often found to be bath salts and methamphetamine.

If you choose to do drugs, test them before taking them. Testing does not ensure safety, but may help identify potential unknown substances. Test at own risk. Visit dancesafe.org to learn more about testing kits.

For questions or more information, visit: http://studenthealth.ucsd.edu/aod.shtml

Keep It Classy, Tritons
Plan ahead for a safe & fun time out, without the regrettable moments!

- EAT before, during, and after drinking
- Alternate drinks with water or soda
- Use a sober DD or other safe ride home
- Choose beer or cider instead of shots
- Avoid drinking games
- Don’t take (or give) unwanted peer pressure

Be A Responsible Bystander
Use I.D.E.A.S. to safely intervene in problem situations

- Interrupt
- Distract
- Engage Peers
- Authority
- Safety
I AM A TRITON. There is something within me that can CONQUER anything. Nothing is impossible because I’M POSSIBLE. I am BRAVER than I believe. I am STRONGER than I seem. I am SMARTER than I think. I am FIERCE. I am DETERMINED. I will never give up but only LOOK UP. I will TAKE CARE of myself and those I care about. I will STAND UP for those in need of HELP. I will be a ROLE MODEL for GOOD and INSPIRE CHANGE. I have INFLUENCE. I AM A TRITON.

-Tina N.