Student survey data indicate that more problems occur at off-campus student parties than any other setting. UCSD has recently been chosen as an intervention site for the Safer California Universities grant, a project which seeks to decrease alcohol consumption leading to intoxication.

The focus is to create safer party environments by building a close sense of community between students and neighbors, promoting safety at parties, and increasing enforcement of alcohol related laws and policies. Through this research project, UCSD has developed a comprehensive community effort to reduce high risk alcohol consumption and thus reduce incidents that result from high-risk alcohol consumption such as violence, property damage, injury and car crashes.

Visit our website: http://studenthealth.ucsd.edu for more information or to inquire about the “Tritons Party Safer” packs.

**How to recognize alcohol poisoning**

- **If your friend is:**
  - Responsive, but listless and sleepy
  - Passed out, but can be woken up
  - Not responsive, skin tone is bluish, is breathing irregularly, or not at all

- **You should:**
  - Put them on their side, give water and stay with them
  - Put them on their side, give water and stay with them
  - Call 911 immediately! Take action!!!

**Never, NEVER leave a friend alone!**
And never let them sleep it off!

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**Student Health/ Health Education**
(858) 534-3874
http://studenthealth.ucsd.edu

**Sexual Assault & Violence Prevention Resource Center (SARC)**
(858) 534-5793
http://sarc.ucsd.edu

**Counseling and Psychological Services (CAPS)**
(858) 534-3755
http://caps.ucsd.edu

Supported by the Prevention Resource Center with funding from the National Institutes for Alcohol Abuse and Alcoholism (NIAAA) and assistance from our CA Safer Universities grant

Visit our website: http://studenthealth.ucsd.edu for more information or to inquire about the “Tritons Party Safer” packs.
Drinking should not be the primary focus of any activity.
Always recognize another’s right to drink or not to drink.
Set a limit on your drinks and ask a friend to make sure you stick to your limit.
Don’t use alcohol with medications or other drugs.
Drink slowly – and drink water in between drinks. Try to stay at one drink per hour.
Eat before you drink. Eating high protein foods like cheese and meat will slow down the alcohol absorption rate.
Avoid mixing carbonated drinks with alcohol. This increases the absorption of alcohol into the bloodstream.
Know what is in your drink (e.g., 1 Long Island Iced Tea can contain 5 or more ounces of liquor which is equivalent to more than 3 standard drinks).
Watch your drink to keep anything from being added to it.
Avoid drinking out of large, open “punch” bowls (e.g., jungle juice).
If you go with friends to a party, always have a designated driver- who will not drink and will drive everyone home.
Watch out for each other. If anyone has had too much to drink, make sure he or she gets a ride home with someone sober or find him or her a safe place to sleep. Register for A.S. Safe Ride at:
http://as.ucsd.edu

Following the Party Tips will make you a good neighbor, but be sure to notify your neighbors about an upcoming party and give them a phone number so they can call you (instead of the police) if there is a problem.
Keep the party restricted to your property (e.g., nobody getting sick in the neighbor’s bushes) and keep the trash inside. If any trash is left outside, clean it up.

Try to keep the party small.
Make sure your guests are considerate of your neighbors and don’t do things like park cars on lawns or vandalize property.
Keep the party indoors to cut down on clean-up time and to reduce the amount of noise. Shut the windows and walk outside from time to time to check the noise level.
DO NOT charge any kind of fees to party guests.
If you are under 21, don’t drink alcohol.
DO NOT serve alcohol to anyone under 21.
If your neighbors call or stop by to tell you the party is too loud, listen and turn down the volume...
Cooperate with police if they show up. Have a calm, sober person speak with them. If they ask you to break up the party, DO IT. It’s okay to call police yourself if the party gets out of hand.
If a guest has had too much to drink, don’t let them drive home. Call a taxi or arrange for a ride with another guest who is sober, or invite them to stay over.

Prevent Your Party From Being Busted or Cited by Police

 respects your neighbors.

Cut out the card below - keep it in your pocket. On the back are tips on how to recognize alcohol poisoning.

Info on alcohol and drugs is available:

Student Health Service
(858) 534-3874

Sexual Assault Resource Center
(858) 534-5339

http://studenthealth.ucsd.edu