

# TIPS AND TREATS



## TRANSPORTATION!!

FIRST AND FOREMOST, MAKE SURE YOU HAVE SAFE AND RELIABLE TRANSPORTATION HOME. SET THIS UP BEFORE THE DRINKING BEGINS. NEVER CATCH A RIDE WITH A STRANGER, ESPECIALLY IF YOU'VE BEEN DRINKING. IF YOUR RIDE GETS DRUNK OR FLAKES ON YOU, TAKE A TAXI.

## KNOW YOUR LIMIT!!

ALCOHOL AFFECTS EVERY BODY DIFFERENTLY BASED ON WEIGHT, HOW MUCH FOOD YOU HAVE IN YOUR STOMACH, AND HOW FAST YOU'RE DRINKING. BE WISE TO YOUR BODY AND KNOW YOUR LIMITS BEFORE STARTING TO DRINK.



## CUM PREPARED!!

THAT MEANS BRING YOUR CELL PHONE, HOUSE KEYS, IDENTIFICATION, EXTRA MONEY, AND CONDOMS- BECAUSE YOU NEVER KNOW.

## UTILIZE THE BUDDY SYSTEM.

CHECK-IN WITH FRIENDS WHILE AT THE CLUB OR PARTY AND YOU'RE LESS LIKELY TO DO SOMETHING STUPID OR HAVE SOMETHING STUPID HAPPEN TO YOU.



## STAY ALERT.

TRY NOT TO GET TOO SMASHED TOO EARLY TO AVOID PASSING OUT. PASSING OUT LEAVES YOU VULNERABLE TO ROBBERY, SEXUAL ASSAULT, AND BEING THE BUTT OF EMBARRASSING PRANKS.

## HOLLA!!

REPORT ANYTHING THAT LOOKS SKETCHY OR OUT OF PLACE. IF ANYTHING LOOKS SHADY OR SUSPICIOUS, TELL A FRIEND! OR BETTER YET, ANNOUNCE IT!! IF YOU SEE THAT **REALLY** DRUNK GIRL LEAVING THE PARTY OR CLUB WITH THE GUY THAT KEPT SUPPLYING HER WITH THE DRINKS, TELL A FRIEND, BOUNCER, OR HOST OF THE PART. IN FACT, YOU CAN EVEN ASK THE GIRL IF SHE'S ALL RIGHT AND WANTS TO BE GOING HOME WITH HIM.



## EAT SOMETHING!!

WITH SOMETHING IN YOUR STOMACH TO ABSORB THE ALCOHOL, YOU'RE LESS LIKELY TO GET NEEDLESSLY DRUNK AND HUNG OVER.

## KNOW YOUR LIMIT PART II.

KNOW HOW MUCH IS TOO MUCH. IF YOU START FEELING REALLY INEBRIATED OR INCOHERENT, TELL SOMEONE YOU TRUST AND GO HOME IMMEDIATELY. GETTING SICK FROM DRINKING SUCKS, IS EMBARRASSING, IS MESSY AND MAKES YOU EASY PREY. YES, THIS APPLIES TO MEN ALSO!



## WATCH YOUR SHIT!

NEVER EVER SET YOUR DRINK DOWN. EVER. UNDER ANY CIRCUMSTANCES. IF YOU'RE AT A BAR OR CLUB, AND YOU SET YOUR DRINK DOWN TO DANCE, CONSIDER IT GONE. DON'T EXPECT YOUR FRIEND TO KEEP AN EYE ON YOUR DRINK EITHER, BECAUSE THEY WON'T! IN THE 3 MINUTES YOU WERE OFF DANCING AND YOUR FRIEND WASN'T WATCHING YOUR BEVERAGE, SOMEONE COULD HAVE SLIPPED AN ODORLESS, TASTELESS DRUG (AND THERE ARE MANY) IN YOUR DRINK TO INCAPACITATE YOU- AND YOU DON'T WANT THAT.

FOR MORE INFO VISIT CEASE [WWW.SFSU.EDU/~CEASE](http://WWW.SFSU.EDU/~CEASE)