

Throwing a Safe Party is No Accident

IF YOU GO TO A PARTY

1. *You have the right* to choose *not to drink*.
2. The *legal* drinking age is **21**.
3. *No Cruzin' if you're boozin'*. Make sure you arrange for alternate transportation *before* you start drinking.
4. *Sip , don't gulp* your drinks. *if you choose to drink* and have high protein foods in your stomach so the alcohol will be absorbed more slowly.
5. *Set a limit* on how many drinks you will have, if you choose to drink, *and stick to it*.
6. *At most*, keep your limit to about one drink per hour. For the average 150 pound person, the liver metabolizes about one ounce of alcohol per hour. **One drink = 12oz beer, 5oz glass of wine, 1.5oz shot**
7. Women will be affected by alcohol faster than men because their bodies have less fluids in them.
8. If you think you *may* be sexually active, *keep a condom* with you - you never know who you might meet at a party! Remember, if you are drinking, your best judgment may be off & you may do something that you would not do when sober (like having intercourse without a condom). Drinking and sex can be a dangerous cocktail!

IF YOU HOST A PARTY

1. Remember you *must take responsibility* for the alcohol consumption of your guests.
2. Make sure people have space to *feel comfortable* at your party *if they choose not to drink*.
3. Have a theme for your party *so alcohol is not the main focus*.
4. *Provide snacks* that are *high in protein* and are not salty (i.e. baguette and cheese).
5. Make sure the *person serving* alcohol *does not drink* alcoholic beverages and that he/she does *not serve doubles* or serve intoxicated individuals.
6. Make sure there are several *alternative beverages* that do not contain alcohol.
7. Familiarize yourself with proper methods for dealing with intoxicated guests. (SEE OVER)
8. Always *stop serving alcohol at least an hour before your guests will be leaving*. Serve coffee and breakfast foods. Not because it will sober any of the guests but because it changes the mood and allows more time for the alcohol to be metabolized.
9. *Do not play drinking games* at your party.
10. *Make safe transportation plans for your intoxicated guest*.

*Brought to you by the CEASE Program
Student Services Bldg.. #205, 338-1203*

SAFE SERVER PRACTICES

- * have access to alcohol only by bartenders
- * have beverages served by bartender teams of 2
- * bartender serve one drink at a time and serve no doubles
- * slow service to anyone who is drinking alot (returning to the bar frequently)
- * cut off service to anyone exhibiting early signs of intoxication
- * offer non-alcoholic beverages to intoxicated person and encourage him/her to eat.
- * If intoxicated individual is insisting on another drink have one member of the team guide him/her away from the bar as the other bartender explaining that they will only serve him/her a soft beverage at this point
- * drinking games are dangerous and only set you up for having intoxicated guests

SOME SIGNS OF INTOXICATION

- * acting aggressively or belligerently
- * making inappropriate sexual advances
- * talking more loudly than normal (for individual)
- * stumbling, slurring words, spilling drinks
- * behaving in a way that seems dramatically out of character
(remember, individuals who have developed a tolerance for alcohol may not appear drunk)
- * individuals who are gulping drinks and drink more than 2 in the first hour may be aiming at intentional intoxication

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