

Spring 2017

## Safe Spring Break [brochure and streaming video]

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# ALCOHOL AND THE SUN

If your body lacks fluid, your body can't sweat! When you are unable to cool yourself, you are at risk for a heat stroke.

Be warned, inebriation causes you to become unaware to the effects of the sun, which could lead to an extreme sunburn.

## RESOURCES

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Spring Break Dangers for College Girls. (n.d.). Retrieved March 27, 2017, from <http://www.familyminute.com/articles/parenting/general-parenting/spring-break-dangers-for-college-girls/#.WNgJeTvyvDc>

Student Alcohol & Drug Use Statistics During Spring Break. (2015, March 11). Retrieved March 21, 2017, from <http://www.wagnerreese.com/blog/personal-injury/alcohol-spring-break/>

What Consent Looks Like | RAINN. (n.d.). Retrieved March 27, 2017, from <https://www.rainn.org/articles/what-is-consent>

“  
**One week of  
extreme  
behavior is not  
worth a lifetime  
of regret.**”

**MAKE  
SMART  
CHOICES**

**SAFE  
SPRING  
BREAK**

**A GUIDE**

# JUST FUN IN THE SUN?

Spring break is supposed to be a time to get away from classes and have fun with friends. Unfortunately, spring break is now associated with risky behaviors that could be life threatening. This pamphlet offers tips to prevent unsafe behaviors during spring break.

## BINGE DRINKING

Binge drinking is defined as consuming 5 or more drinks within 2 hours for men and 4 drinks in 2 hours for women.

Binge drinking can lead to blackouts, memory loss, and anxiety. In extreme cases, it can lead to irregular heart beats which has been linked to cases of sudden death.

**To avoid binge drinking, pace your drinking.**

**Alternate alcohol beverages with glasses of water.**

## ALCOHOL POISONING

If you believe someone is at risk for alcohol poisoning, call 911 immediately as this is **life threatening**.

As you wait, you can perform these steps:

- Keep the person awake if possible.
- Keep the person informed. Let the person know if you are going to touch them or perform any action on them, as some individuals may become aggressive.
- Keep the person sitting.
- If the person is conscious and able to swallow, try to get them to slowly drink water.
- If the person is unconscious and lying down, carefully roll them onto their side with their arms over their head so they will not choke on their own vomit.
- Get a warm blanket for the person, as alcohol poisoning will likely make them feel cold.

## CONSENT

Consent can become blurry when alcohol is involved.

Positive consent can be demonstrated by:

Communicating when you change the type or degree of sexual activity with phrases like “Is this OK?” Explicitly agreeing to certain activities, either by saying “yes” or another affirmative statement, like “I’m open to trying.”

Using physical cues to let the other person know you’re comfortable taking things to the next level

**Consent is never implied, assumed, coerced, or convinced.**

**An drunk individual is never able to give consent.**

