



PARTY SMART

with ACES

5 THINGS TO WATCH TO PARTY SMART

WATCH out for each other

Be ready to step in and help a friend. Getting sick is one early warning signs of alcohol poisoning. Even if you are under 21, it is better to call 911 for help than let something worse happen.

WATCH the pour

Mix your own drinks and use standard measures to avoid making drinks too strong. Make sure the bartender does the same. Know how much alcohol is in one standard drink (see pg 3).

WATCH how many

It is recommended to have no more than one standard drink per hour.

Physiologically, women should not consume more than 2-3 alcoholic drinks in one night and men not more than 3-4.



WATCH and respect limits

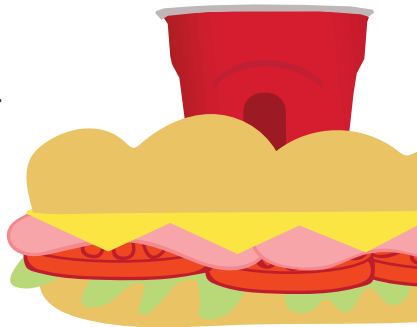
Fun means different things to different people. Some people would rather hang out and talk than spend the night drinking. Whatever it is, pay attention to the cues you're getting, and respect their choices.

WATCH your drink

Leaving your drink unattended increases the risk of tampering. Remember, alcohol is the #1 date rape drug.

Alcohol Consumption Guidelines:

- **Ride only with a sober driver:** Designate a driver before you go out. Make sure they stay responsible.
- **Consume alcohol slowly:** Sip, do not guzzle. Avoid drinking games where a large amount of alcohol is consumed in a short amount of time.
- **Eat shortly before and while you drink:** Food helps to slow the absorption of alcohol into the body.
- **Alternate alcoholic and non-alcoholic drinks:** Use water or juice as a “spacer.” This will give your body more time to metabolize the alcohol.
- **Do not drink alcohol while taking medication:** Both over-the-counter and prescription drugs can have harmful effects when mixed with alcohol.



Hosting Parties:

DO

- Only invite people that you know
- Make sure anyone consuming alcohol is at least 21
- Provide food and serve alcohol in moderation
- Have non-alcoholic drinks available
- Make sure everyone has a safe ride home. This includes taking keys away from anyone who has had too much to drink and making sure no one leaves alone
- Have transportation options: call a cab/uber or have a sober driver take intoxicated individuals home
- Be supportive of a friend if they choose not to drink
- Call 911 if you need help

DON'T

- Have strangers or unknown guests, it's ok to say no
- Allow guests to drink in excess
- Let guests leave the party alone and/or with unknown guests
- Disturb your neighbors
- Allow drug use
- Let guests leave with open containers
- Let drinks be left unattended
- Serve to anyone under 21
- Allow guests to drive drunk
- Allow alcohol to be the focus
- Serve unlimited amounts of alcohol to your guests like jungle juice, or kegs
- Allow unruly guests to run the party (call the police if you need help)

THINK BEFORE YOU DRINK

It is recommended that you have no more than one standard drink per hour.

What's a standard drink?

BEER
4% ABV
12 ounces

WINE
10% ABV
5 ounces

CRAFT BEER
depending on ABV
6-10 ounces

LIQUOR
80 proof
1.5 ounces

What is dangerous drinking?

Drinking heavily on a regular basis.

Drinking with the goal of getting drunk.

Drinking heavily over a short period of time is having more than one standard drink per hour.



What are the consequences of dangerous drinking?

Legal trouble. Dangerous drinking could cause you to be cited with an MIP (minor in possession) or DUI (driving under the influence). These will result in fines and/or jail time.

Injuries. Drinking too much increases your chances of being injured or even killed.

Health Problems. People who drink heavily have a greater risk of sleep disorders, depression, liver disease, heart disease and much more. It may also lead to long term alcohol related problems.

Blackouts. Where you don't remember what you did while you were drinking.

Alcohol Poisoning:

Alcohol poisoning is a life-threatening condition caused by high concentrations of alcohol in the blood. Blood alcohol concentration rises as alcohol is consumed in large quantities and over short periods of time.

Symptoms of alcohol poisoning

- Confusion
- Vomiting
- Loss of consciousness
- Low body temperature
- Breathing is slow or irregular.
- Cold/clammy skin
- Pale/bluish skin tone

A person does not need to exhibit all of these symptoms to have alcohol poisoning, be sure to get help immediately. Blood alcohol content can increase even after you stop drinking, pass out, or fall asleep.



Don't be afraid! CALL 911

- Provide your name and location when you call 911
- Don't try to guess level of intoxication
- Put the person on their side
- Stay with the person
- Talk with first responders

Medical Amnesty: Michigan law provides amnesty from a minor in possession charge for those involved when police or other emergency services are contacted to help someone who is in crisis due to alcohol poisoning or drug overdose.

KNOW THE FACTS

MYTH: I can sober up quickly if I need to.

FACT: It takes about 3 hours to eliminate the alcohol of two drinks (depending on your weight). Drinking coffee or cold showers will not help speed up the process.

MYTH: In college I have to drink to fit in.

FACT: There are many students across campus who choose not to drink. Find a club, group organization, or a friend that make the same choices as you. If you do go to parties and choose not to drink, practice ways of saying no to your friends/peers.

MYTH: I can drink and still be in control.

FACT: Drinking alcohol impairs your judgment, which increases the likelihood that you will do something you'll regret later.

Legal Consequences

Minor in Possession:

Anyone under 21 in possession of or has consumed alcohol. Please note: Minor in Possession Law will change Jan 18, 2018.

1st Offense:

- Court costs, fines, etc: up to \$300 or more
- Substance abuse screening /assessment
- Under 18- Your parents will be notified
- Possible community service
- Possible suspension of drivers license

2nd Offense:

- Court costs, fines, etc: up to \$500 or more
- Substance abuse screening /assessment
- Under 18- Your parents will be notified
- Possible community service
- 90 day suspension of drivers license
- 1 year probation

Furnishing/Hosting

It is a violation of the law to knowingly allow possession or consumption of an alcoholic beverage or controlled substance by an underage person.

1st Offense:

Up to 30 days imprisonment and/or \$1,000 fine plus court costs

2nd Offense:

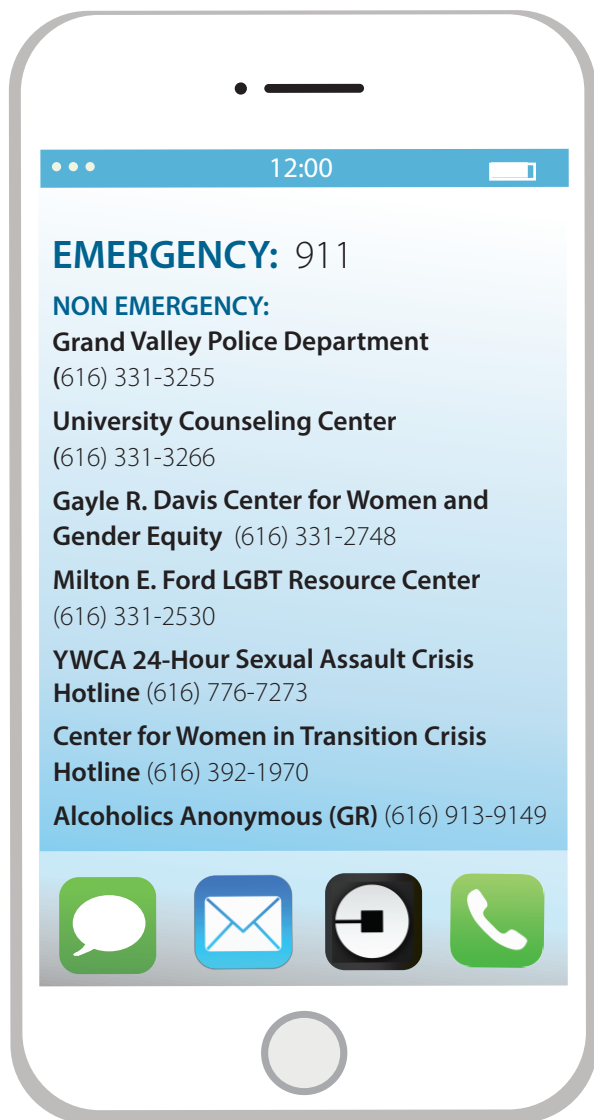
Up to 90 days imprisonment and/or \$1,000 fine plus court costs

Information provided is a combination of state and local laws. Laws may vary based on local requirements. This information does not substitute as professional or legal advice. It is your responsibility to verify your own requirements.

ACES (616) 331-2537 | www.gvsu.edu/aces

We offer the following services FREE to GVSU students:

Alcohol education presentations and programs
Individual and group counseling (non-mandated)
12-Step Meetings (Alcoholics Anonymous, Narcotics Anonymous, and Adult Children of Alcoholics)
Consultation services



**KNOW YOUR
RESOURCES & BE
PREPARED BY
ADDING THEM
TO YOUR
CONTACTS.**



**GRAND VALLEY
STATE UNIVERSITY**

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DRUGS) CAMPUS
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