



UNIVERSITY OF WISCONSIN
RIVER FALLS



STUDENT'S GUIDE TO SAFER PARTYING

What You Should Know

All About Alcohol.....	3
Prepping to Party.....	4
Know Your Limit.....	5
Safer Partying.....	6
Getting Home Safely.....	7
Crisis: What to Do.....	8
Possible Implications.....	9
Available Resources.....	10

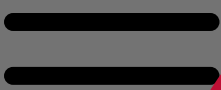
Alcohol use, and oftentimes misuse, is a very serious issue on most college campuses. This is why being informed is so important.

It is important to know that alcohol is a powerful drug that can alter a persons mental status, making it hard to make informed decisions.

When misused, alcohol can often prevent individuals from following their values as they would when they are sober.

All About Alcohol

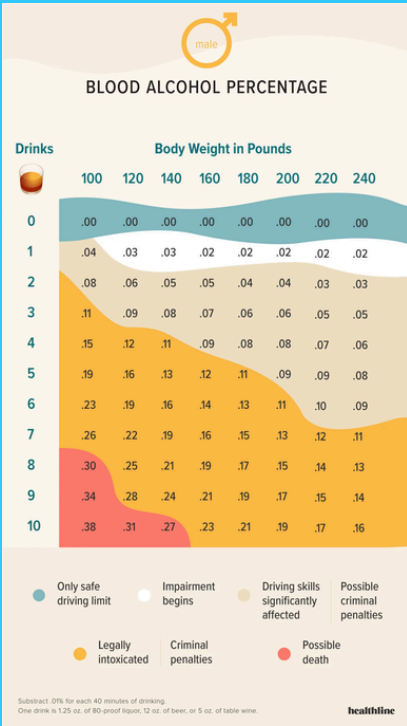
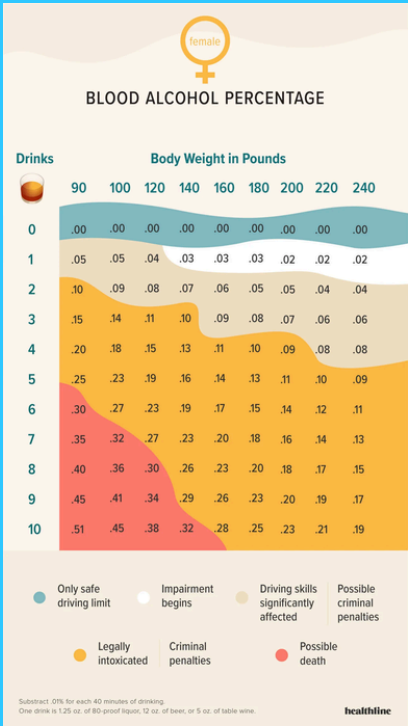




Prepping to Party

When getting ready to go out, you should always think about...

- **go with a group, utilizing the buddy system to keep everyone safe**
- **be sure to line up a safe way home, whether it is a DD (designated driver) or calling a taxi**
- **charge your phone, so you have a way to contact people**
- **always try to eat before drinking, this can help control the effect that alcohol may have on you**
- **Know your limit before going out**



**Use BAC charts
(Healthline) to determine
your blood alcohol
content based on your
sex and stature.**



**Know Your
Limit**

Safer Partying

- **Party with a group of people that you trust**
- **Make sure that the place you are going to looks and feels safe**
- **Be sure to keep track of how many drinks you have**
- **Do NOT leave your drink unattended and if you do, discard it and get a new one**
- **Always get your own drink to ensure it is safe to drink**
- **Be sure to alternate between alcoholic beverages and water or other non-alcoholic drinks**
- **Remember that it is okay to party without drinking, you always have that choice**



Getting Home Safely



- **Make sure you know where everyone you came with is going after the party.**
- **If walking back, walk back as a group and do so respectfully**
- **If you came in a car, be sure that the driver is sober**
- **Do NOT let friends who are intoxicated leave alone with someone, especially if they just met them**
- **The City of River Falls has a taxi service**
 - **Contact at: 715-425-7878**
 - **Hours are:**
 - **Mon-Fri 6am-8pm**
 - **Sat 8am-6pm**
 - **Sun 8am-3pm**



If you see someone semi-conscious or passed out, they could have alcohol poisoning. Take action by...

- **Staying with the person**
- **Not putting them to bed to “sleep it off”**
- **Laying the person on their side, whether or not they are vomiting**
- **Monitoring the individuals breathing**
- **Getting medical help if needed**
- **Never be afraid to call 911, they are always there to help**
- **You can also contact poison control at 1-800-222-1222**

**Crisis:
What to Do**



Possible Implications

River Falls Police Department:

- **Public Urination: \$124**
- **Battery: \$376**
 - and/or court trial
- **Disorderly Conduct: \$187**
- **Damage to Property: \$250**
 - plus restitution for damages
- **False ID: \$187**
 - increases for each additional offense
- **Possession of Drug Paraphernalia: \$187**
- **Providing alcohol underage: \$313**
- **Off-campus underage consumption: \$187**
 - may increase with each offense and can result in license suspension

On-Campus Underage Consumption

- **1st offense: \$187**
- **2nd offense: \$313**
- **3rd Offense: \$515.50**
- **4th Offense & above: \$767.50**

***** Fine amounts subject to change. Continued alcohol violations can also result in termination of your housing contract AND can negatively affect your financial aid *****

Currently Enrolled UWRF Students

Student Health & Counseling Services

- 512 S. 6th St, River Falls, WI 54022
- 254 Rodli Hall

Call us at:

- Student Counseling: (715)-425-3884
- Student Health: (715)-425-3293

We offer:

- Voluntary counseling
- Alcohol and drug assessments (a fee is charged if the assessment is required as part of a court or order or other sanctions)
- Mantra Health
- U @ College



**Available
Resources**