

CELEBRATE SAFELY

HELP STUDENTS STAY SAFE THIS FALL

The first few weeks of college are filled with excitement for students as they reconnect with friends, make new ones and attend all the fun events at the beginning of the fall semester. With all of the social activity happening during this time, students may find themselves or others in a high-risk situation. Evidence indicates that there is an increased risk for alcohol poisoning, sexual assault and hazing during the first six weeks of school. You play a critical role because of your frequent interaction with students.

We encourage you to have intentional conversations with your students about potentially high-risk situations. Here are some talking points to help guide your conversations:

- Remember, not everyone has a strong desire to drink. 42.2% of Clemson students who choose to drink reported they have never had a strong desire or urge to consume alcoholic beverages in the past three months (National College Health Assessment, 2022).
 - Encourage students with this fact. There are many ways to have fun and meet people without alcohol.
- Many first-year students don't have strong social connections when they arrive on campus, which is one reason the first six weeks of school are concerning. Because many students haven't developed those close relationships yet, they don't always feel like they have someone to count on if they get in trouble or need assistance.
 - Encourage every student to look out for others and step up as an active bystander.
- Encourage students to celebrate safely if they choose to go out:

<i>Before you go out</i>	<i>While you're out</i>	<i>At the end of the day</i>
PLAN AHEAD	STEP UP	RETURN HOME
<ul style="list-style-type: none"> Choose a buddy and learn their phone number Plan how you will get home: sober driver, CATbus or rideshare Plan a meet-up spot in case you get separated Charge your phone, turn up the volume and check it frequently Download and familiarize yourself with the RAVE Guardian app Set a safety timer, so your friends know when you'll be home Know the signs of alcohol poisoning: vomiting, confusion, slow and/or irregular breathing, blue or pale skin, low body temperature, and unconsciousness or inability to stay conscious If you choose to drink: <ul style="list-style-type: none"> Plan not to exceed a certain number of drinks Eat before and during drinking Choose not to pre-game 	<ul style="list-style-type: none"> Socialize without needing to consume alcohol Hydrate with water to avoid heat exhaustion Check in with friends regularly Recognize when someone's in trouble, and <u>step up</u> to help Call 911 if you need help to safely handle a situation If you choose to drink: <ul style="list-style-type: none"> Keep track of the number of drinks you consume Alternate with water Eat before and during drinking Know what's in your drink Choose not to play drinking games Don't pressure others to drink 	<ul style="list-style-type: none"> Never leave a friend behind Go with a group, don't go alone Share a safe ride home with a sober driver If using a rideshare, <u>Stop Ask Match Inform</u> Let friends know you got home safely Use the safety timer in the RAVE Guardian app Call 911 immediately if someone is passed out and unresponsive Do not wait for all symptoms of alcohol poisoning to be present Turn the person on their side Do not give the person any food or beverages Stay with the person until help arrives Remember MAP: students seeking assistance during an alcohol and other drug-related emergency will not be sanctioned for violations of the University's alcohol policies

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