What is partysafe?
We’re students advocating to improve the party culture by decreasing problems related to alcohol.

Interested? Here’s how to get involved:

**ALCOHOL AND PARTY RISK MANAGEMENT EDUCATION**
Use our toolkits, workshops, and consultation services for party throwers and goers to keep it social not slurred. Learn when and know how to slow them down, cut them off, get them home, and call for medical assistance. Email partysafe@berkeley.edu to schedule.

**CAL PARTY TIPS FACEBOOK PAGE**
Give a shout out to the party throwers and the party goers who help make parties at their fraternity, co-op, house or apartment excellent. Share tips, stories and challenges about how to get the good without the bad. Like it today! facebook.com/CalPartyTips

**STUDENT ALCOHOL ROUNDTABLES**
PartySafe, ASUC and other student leaders reflect on current strengths and concerns, prioritize actions for drinking and party social change, and line up the resources to succeed. Watch Cal Party Tips facebook or email partysafe@berkeley.edu for dates, times, locations this semester.

**PARTYSAFE@CAL WEBSITE AND DRINKING FACTS**
There’s more to know than most of us realize or admit. Find key facts and research at uhs.berkeley.edu/psafe to help make the problems and solutions more visible.

**PARTYSAFE@CAL MONTHLY NEWSLETTER**
Whether you do or don’t drink, parties impact everyone. Email partysafe@berkeley.edu to get our newsletter.

**HAPPY NEIGHBORS**
We work with the amazing campus community to share responsibility for optimal neighbor relations among all who live, work and study near campus. Email calhappyneighbors@gmail.com to volunteer or for a meeting in your area.

**HYDRATION HUDDLES AND HYPE SQUADS**
Resource stations and volunteers offering free water, snacks, giveaways and PartySafe tips on key party nights and game days. Email partysafe@berkeley.edu to volunteer or schedule for your party.

**ADVOCATES, INTERNSHIPS & VOLUNTEERS**
Whether you have eight hours per week or one hour per month, you can make a difference. Internships are year-round and applications are on a rolling basis. Email partysafe@berkeley.edu to volunteer and we’ll contact you.

Do three student deaths and multiple hospital transports, injuries and public nuisance incidents each weekend match up with a world class university like ours? We don’t think so.

Join us. Support widespread awareness and adoption of these four alcohol and party risk management practices:

- Provide plentiful and easily accessible water.
- Eliminate service of hard alcohol (>20% ABV) in common areas.
- Presence of enough sober security and trained alcohol servers who monitor and intervene for intoxication.
- Have security measures to keep attendance under the maximum occupancy for location.

Endorse the #OurHouse campaign today! uhs.berkeley.edu/ourhouse

For more information
Email partysafe@berkeley.edu or call (510) 643-9073.
Join us!

Don’t let small problems become big. See something, do something.

PARTYGOER
- Be alert and notice risky behaviors and situations.
- Trust your gut - do something, even if pressured to stay uninvolved.
- Choose best approach (direct, distract, delegate, delayed).
- Engage others. Keep yourself safe.

PARTYTHROWER
- Have sober security in strategic places to be eyes and ears.
- Train security and alcohol servers to monitor and intervene for signs of over-intoxication.
- Empower guests to speak up if they see something risky.
- Don’t be afraid to get help if trouble arises.

Know warning signs for intoxication and steps to take:
- Slurring, swaying - Slow them down
- Dazed, stumbling - Cut them off
- Rambling, incoherent - Get them home
- Any signs of alcohol poisoning (CUSP) - Call for medical assistance

Get the good without the bad.
Make a plan. Stick to it.

PARTYGOER
- Make mindful choices - every time. Know your reasons.
- Choose your squad. Share your plans. Stay together.
- Squash "drink to black out" talk.

PARTYTHROWER
- Be the kind of house that /arrow_north.orn social benefits and /arrow_south.orn drama and problems related to alcohol.
- Know the alcohol and party-related policies.
- Be accountable for conduct and safety of your guests.
- Have sober security in strategic places to be eyes and ears.

Avoid trouble.
Respect community policies & expectations.

PARTYGOER
- Be the kind of house that "social benefits and drama and problems related to alcohol.
- Know the alcohol and party-related policies.
- Be accountable for conduct and safety of your guests.
- Have sober security in strategic places to be eyes and ears.

PARTYTHROWER
- Know your rights and responsibilities
- Be a great guest - respect house rules.
- Your party should not disturb quiet hours or others' sleep or study.
- Don't be afraid to speak up.

Keep it social, not slurred.
Control the alcohol.

PARTYGOER
- Set a limit. Space, pace and count your drinks.
- Choose low alcohol content drinks.
- Alternate drinks with water or other non-alcoholic beverages.
- If someone is slurring or swaying, slow them down and offer water.

PARTYTHROWER
- Provide plenty of water. Don't run out.
- Eliminate hard alcohol from common areas.
- Use sober and trained servers.
- Intervene with over-intoxication. Slow them down. Cut them off. Get them home. Call for medical assistance.

Be yourself.
Don’t assume or overestimate how much others drink.

PARTYGOER
- Whether drinking or not drinking, do you.
- About one-third of Cal students don't drink.
- Where's the water? If you don't see it - ask for it.
- Stop people who pressure others to drink.

PARTYTHROWER
- Set the scene. Don't make drinking the focus.
- Provide plenty of water. Don't run out.
- Make and serve fun drinks and solid snacks.
- Enthusiastically support moderate and non-drinkers.

uhs.berkeley.edu/psafe