PARTYSAFE@Cal

What is partysafe?
We’re students advocating to improve the party culture and social benefits by decreasing drama and 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. Don’t let small problems become big ones, especially since they are 100% avoidable. Be alert and know how to slow them down, cut them off, get them home, and call for medical assistance. Workshops are held weekly.

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 worldclass - socially excellent. Share tips, stories and challenges about how to get the good without the bad.

PARTYSAFE@CAL WEBSITE AND DRINKING FACTS
There’s more to know than most of us realize or admit. Key facts and research at this website help make the problems and solutions more visible. Data dashboard updated annually.

STUDENT ALCOHOL ROUNDTABLE
Meet with PartySafe, ASUC and other student leaders to reflect on current strengths and concerns, prioritize actions for drinking and party social change, and line up the resources to succeed. Join us on February 2 and March 8.

HAPPY NEIGHBORS
We work with the amazing and diverse campus community to raise awareness and shared responsibility for optimal neighbor relations among all who live, work, study and play near campus.

HUDDLES AND OUTREACH
Stop by or volunteer with our resource stations offering free water, snacks, giveaways and PartySafe tips on key party nights. Find us at Calapalooza on January 26, Cal Day on April 16, and on Frat Row.

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 due mid-March. Sign up to volunteer and we’ll contact you to schedule.

Endorse the #OurHouse campaign today!

FOR MORE INFORMATION
Visit partysafe.berkeley.edu or contact Karen Hughes, Coordinator at (510) 643-9073 or khughes@berkeley.edu

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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

- Know your rights and responsibilities
- Be the kind of house that provides social benefits and respects community policies & expectations.
- 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 provides social benefits and respects community policies & expectations.
- 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.
- Hold self and others accountable. 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.

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