The Party Goer Toolkit
PartySafe@Cal Student Team - 2015

Intro
We, the PartySafe team, are dedicated to improving Cal’s party culture and social benefits by decreasing drama and problems related to alcohol. Last fall alone, the university experienced three alcohol related student deaths, multiple hospital transports, injuries, and numerous public nuisance incidents each weekend. We feel that's unacceptable for a university like ours. Let’s join together to make our party culture as world class as our international reputation. What can you do as a Party Goer? This toolkit is for you.

The Party Goer Checklist:

BEFORE GOING OUT:
➔ Eat a good meal
➔ Charge your phone
➔ Make a plan and stick to it:
  ◆ Set your drinking limit
  ◆ Know why you are drinking
  ◆ Decide who you are going out with; who to stick with and rely on
  ◆ Tell your squad what your plans are
  ◆ Plan your exit- who are you going to walk home with and when?
➔ Avoid “Pre-Gaming”
  ◆ Drink when you arrive at the party, not before
  ◆ Don’t “hype” up the night with hopes of blacking out or getting wasted

WHILE YOU ARE OUT:
➔ Don’t go straight to the bar
  ◆ Enjoy the party sober for a little
  ◆ Scope out the people, drinks and activities
  ◆ Then decide if you want to drink
➔ Stay with your squad for the night
➔ Be a good guest
  ◆ Respect the Party Throwers and their event
  ◆ Be alert to warning signs of an over intoxicated friend or other guest
  ◆ See something and do something if someone is in need
➔ Know your rights and responsibilities
  ◆ Speak up if:
    ● There is no water available
• The party is over capacity, too loud, or disturbing neighbors
• Guests are over intoxicated

➔ Keep an eye on your squad
  ◆ Hold them accountable to their limits

➔ Pace and count your drinks: STICK TO YOUR LIMIT
  ◆ Stick to one standard drink per hour
  ◆ Know your personal alcohol limit
  ◆ Count your drinks

➔ Do you
  ◆ Drink and party how you want to;
  ◆ not how you think others expect you to

➔ Alternate drinks with water
➔ Choose low alcohol content drinks
➔ Know the signs if you are getting past your limit
  ◆ If you notice yourself beginning to stumble, slur words, or feel out of control:
    ◆ Slow yourself down, drink water, and tell a friend.
  ◆ If you are nauseous, confused, uncomfortable, or dizzy:
    ◆ Stop drinking and find a friend to get home with.
  ◆ If you think you are going to lose consciousness or be seriously ill,
    ◆ Let a friend know and immediately call 911 and get professional medical assistance.

AFTER YOU GO OUT:
➔ Check in with your squad; make sure they are okay
➔ Assess yourself and the party
  ◆ Did you stick to your limit?
  ◆ Did you have a good time?
  ◆ Do you want to change your limits?
  ◆ Did the hosts ensure your health and safety?

➔ Reach out to the Party Throwers if
  ◆ They did a great job and deserve recognition
  ◆ They did something wrong that needs fixing

➔ Reach out to your squad if
  ◆ Something seemed wrong with them
  ◆ They went over their limit
  ◆ They didn’t stick with you and your limits

➔ Reach out for help if
  ◆ You felt out of control with drinking
  ◆ You are depressed or extremely regretful about your decisions
  ◆ You feel as if alcohol and the parties are controlling you, not vice versa

What to expect from the Party Thrower

Water. Plentiful and available.
**No hard alcohol.** Nothing over 20% abv available in common areas.

**Trained and sober alcohol servers.** No self-service. Monitoring and intervention.

**Sober security and monitors.** Eyes and ears to prevent problems.

➔ Associated Students of the University of California (ASUC) Senate endorses the following standardized alcohol risk management practices at parties of 50+ UC Berkeley students and affiliates at non-alcohol-licensed locations where alcohol is served or consumed:

- Serve no alcoholic beverages with greater than 20% alcohol content in common areas,
- provide plentiful and highly accessible water,
- mandate sober hosts, security monitors and trained alcohol servers who monitor and intervene for intoxication,
- and use security measures that keep attendance under the maximum occupancy for the residence or facility.

**ASUC senate bill:**
[https://docs.google.com/document/d/1I9WEFjV4S7fpEhNexa0illhK1vQl67GFlL_2JYKi2I4/pub](https://docs.google.com/document/d/1I9WEFjV4S7fpEhNexa0illhK1vQl67GFlL_2JYKi2I4/pub)

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### Facts and Tips for the Party Goer

**I. Make a Plan. Stick to it. Get the good without the bad.**

**THE FACTS:**

- Over 95% of Cal students minimize negative consequences by using at least one of these harm reduction techniques:
  1. Know and stick to your limit
  2. Choose low alcohol content drinks
  3. Drink water
  4. Eat before and/or during the party
  5. Space and pace to one drink per hour
  6. Stick to one kind of substance
  7. Let friends know your plan and keep them in sight
  8. Know who you will be leaving the party with and do not leave alone

**TIPS:**

- Don’t take drinking lightly. To reduce negative outcomes, make a plan for the night, stick to your limit and take care of your body by pacing yourself as well as eating and drinking water.
- Don’t walk home alone, have a buddy or group to walk home with
- Use the Cal Night Safety services to get home safely, if you find yourself alone
  [http://nightsafety.berkeley.edu](http://nightsafety.berkeley.edu)

**TRUE STORIES:**

“A sure way to prevent a hangover (besides not drinking at all) is having something in your stomach before you go out. If you don’t eat, you get a lot drunker a lot faster, feel it a lot harder in the morning, and run the risk of being the one who ruins the party for everyone else.” - Diego 2nd year

“Halfway between my first year at Cal, I discovered Taco Tuesday - $2 beers and $1 tacos all evening. I wasn’t 21 yet, so I couldn’t drink as much as my older friends and assumed they were having
more fun than I was. So I started pre-gaming Taco Tuesday with tequila before heading out for dinner. After a few weeks of being far too blatantly drunk for 7PM on a Tuesday, I learned to pace myself to one drink or shot per hour, to eat before I went out and to keep a glass of water with me throughout the night. This kept me at the perfect level all night.” -Callie, 4th year

“If you are all going out with your floor, make sure you reach out to one or two people individually and promise to look out for each other. It’s a lot easier to keep track of two people than fifteen to twenty, and you don’t want to be left behind.” -David, 3rd year

“If you want to go back from a party and don’t have anyone from your building to walk with you, there are options. Call Bearwalk to have someone walk you to your door, or Google the Bear Transit map to see when the next bus is coming so you can meet it right as the bus pulls up near you. If both of these options are taking too long I would rally some friends and invite them to late night. After Late Night, all of us would have sobered up, thanks to quesadillas and waffle fries, we would walk back to our units or Clark Kerr.” -Katie, 2nd Year

II. Avoid trouble. Respect community policies & expectations.

THE FACTS:

- There were 53 alcohol emergency transports during fall 2014.
- Despite stereotypes of college drinking you mostly see in the media, negative consequences related to drinking are not typical. Here’s a few real Cal stats.
  - Less than 1 out of 10 student drinkers gets in trouble with campus or local police due to their drinking.
  - About 2 out of 10 student drinkers miss class due to drinking.
  - About 3 out of 10 have their sleep or study disrupted by other students drinking.

- There are certain policies and conduct expectations already in place for you to follow and utilize:
  - Berkeley Campus Code of Student Conduct [http://sa.berkeley.edu/code-of-conduct]

TIPS:

- Follow community and university policies and expectations, and respect your neighbors by controlling the noise and disruptions coming from parties.
- Happy Neighbors is a program to help create awareness and optimal neighbor relations through peer education and outreach. [https://uhs.berkeley.edu/psafe/happyneighbors/]
- If police or neighbors stop by an event you are attending, stay calm and speak to them honestly. Refer them to the Party Thrower if possible.
- Respect that other students may be sleeping or studying while you are partying. They deserve the same conditions you would expect if in their situation.
Berkeley is not just a college town; families, working people and professors all surround you and they deserve your respect towards the neighborhood.

TRUE STORIES:

"After multiple nights of getting woken up or disturbed while studying by parties at the same location next to my apartment building, I couldn’t stand the noise any longer so I walked over and asked them to keep it down on several occasions. They ignored my requests each time so eventually I called UCPD and made a formal complaint. I really didn’t want to get students like myself in trouble with the police but it just wasn’t fair that I had to constantly be disturbed so that they could have a louder party. Had they just respected my requests, everything would have been fine. Now, I am extra respectful of my neighbors when partying and understand that as a Party Thrower and Goer I have a responsibility to listen to and acknowledge by neighbors requests.” -Sierra, 2nd Year

"When we talked to our downstairs neighbors about our Friday night party plan, they said Saturday would work better for them so we shifted it. Everything went fine!” -Sophia, 3rd year

III. **Keep it social, not slurred.** Control the alcohol.

THE FACTS:

- Most student drinkers (77%) have four or fewer when they party.
  - 45% alternate non-alcoholic with alcoholic beverages
  - 69% keep track of how many drinks they consume
  - 35% pace drinks to one per hour
  - 35% set a limit in advance.

- A standard drink is:
  a. 1.25 oz of 80 proof liquor
  b. 12 oz. beer
  c. 4 oz. wine

- How it works:
  a. Alcohol is a depressant, so it slows down your nervous system.
  b. Alcohol is quickly absorbed into the blood stream, then goes to every organ, including the brain, affecting the brain’s ability to process information, so….
    i. It takes longer to react to alcohol
    ii. You have trouble with judgment, such as deciding whether you should hook up with someone
    iii. You’re not as well coordinated.

- How much is too much:
  a. Alcohol is an unusual depressant. At first drinking makes you feel good. People who like the “buzz” from alcohol are probably enjoying these sensations.
  b. But alcohol doesn’t follow the rule “the more you drink the better you feel.” After a certain point, more alcohol won’t make you feel any better. Then drinking starts making things happen that you want to avoid.
  c. Drinking past a blood alcohol level of .06% almost always has negative consequences. Feel sick. Get clumsy. Trouble with judgment.

TIPS:
Don’t underestimate alcohol; understand its effects on the body, and what the consequences are on your health when you have too much.

Know what a standard drink is and pace yourself

Alternate your drinks with water- stay hydrated before and after drinking as well!

Set a limit and avoid binge drinking

Feel comfortable to drink something non-alcoholic if that’s what you want to do

Avoid handle pulls and stick with shots so you can keep track of your drinks

TRUE STORIES:

“At the last party we only had beer. Some folks drank all night but no one got trashed. It’s more fun when you’re not falling down.” - Steven, 4th year

“It’s hard to say no when someone asks you to do a shot with them - you want to be able to prove yourself, and when you’re put on the spot it’s hard to say no. It isn’t vital to do a shot of Vitali to have fun. If you have the choice, though, always choose a shot of alcohol over a handle pull, because at least then you’ll know exactly how much alcohol you consumed and can count your drinks. Also, never take more than one shot at a time - you won’t know how hard the alcohol will hit you until at least fifteen minutes later. I would pour myself a mixed drink before taking a shot - it’ll be more satisfying and keep your hands busy longer, so you’re not itching to pour yourself another shot. It really is better to back out than black out.” - Michael, 3rd year

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

THE FACTS:

- 40% of all Berkeley students don’t drink
- 77% of Berkeley students who drink have four or fewer
- 22% of Berkeley students binge drink
- 69% of new students do not drink
- Among new students last fall – here are top reasons they gave for choosing not to drink.
  1. I don’t have to drink to have a good time
  2. I’m going to drive
  3. I have other things to do
  4. Drinking interferes with my schoolwork
  5. I don’t want to lose control.
- And the top reasons they gave for choosing to drink were:
  1. I want to have good time with friends
  2. Celebrate!
  3. Helps me be more outgoing
  4. To get connected with people
  5. It makes me feel happy.

TIPS:

- Don’t assume everyone drinks, and don’t assume that you need to drink
- Do what you want to do!
- Know why you want to drink or if not why you don’t and stick to what YOU want to do
❖ If you don’t see water, ask for it. Get a cup from the bar and use it for water.
❖ Stop people who pressure others to drink.

TRUE STORIES:

“Contrary to common college stereotypes, substance-free partying is a top choice for lots of us.”
- Bryan, 4th year

“While parties can be a fun way to meet people and be part of Berkeley's culture it is not the only way. Actually, for the first couple weeks - I highly recommend just taking a few deep breaths and spend some time exploring Berkeley and settling in.” -Diego, 2nd year

“There are very social people in greek life that don’t drink. Last summer I lived in a student co-op and my friend who was substance free came to every event. He also had a fantastic time. It’s really not hard to rage dry.” -Jacob, 2nd year

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

THE FACTS:

- 60% of student drinkers do not experience negative consequences due to their drinking. However:
  - 27% did something they later regretted
  - 21% drove under the influence
  - 12% had unprotected sex
  - 8% injured themselves

- Among new student drinkers:
  - 36% were nauseated or vomited
  - 19% got into an argument
  - 18% missed class or did poorly on an assignment
  - 11% got in trouble with police or school authorities.

- If you can recall a time when you saw or heard about a risky drinking behavior or situation like those listed above and thought about doing something - but didn’t - you’re not alone. You are part of a well-documented phenomenon labeled the bystander effect - where even in a sea of people often times no one will act or intervene. The root of the bystander effect is diffusion of responsibility, where we may think:
  - I’m not really sure it’s a problem
  - Nobody else seems to notice or reacting
  - Someone else will or should take care of it
  - I don’t want to embarrass myself or the other person.

- No one is above the bystander effect. But the one thing shown to combat diffusion of responsibility is knowledge of it and a personal commitment to overcome your own barriers to act.

- The CA State Amnesty Policy shields any person from punishment when they’re the first to call for medical assistance related to drugs or alcohol. For more information: [http://ssdp.org/campaigns/call-911-good-samaritan-policies/](http://ssdp.org/campaigns/call-911-good-samaritan-policies/)
TIPS:
➔ Be alert and notice risky behaviors and situations.
➔ Don't assume someone else will do something
➔ Trust your gut - do something, even if pressured to stay uninvolved.
➔ Chose the best approach for the situation (direct, distract, delegate, delayed)
➔ Engage others. Keep yourself safe.
➔ Don't be afraid to get help from others e.g. Hall or House staff, police or fire dept. especially if problem or emergency might escalate.
  ◆ You can't get in trouble and could potentially save a life.
➔ Know the signs of intoxication and steps to intervene effectively
  ◆ Slurring or swaying:
    ● Slow them down. Offer water.
  ◆ Dazed, stumbling or making others uncomfortable:
    ● Cut them off. Offer water.
  ◆ Confused, belligerent or vomiting:
    ● Get them home. Offer water.
  ◆ Any sign of alcohol poisoning (CUSP) - If left untreated, it can be fatal:
    ● cold, clammy or bluish skin,
    ● unconscious or unable to be roused,
    ● slow or irregular breathing, and
    ● puking repeatedly or uncontrollably.

IF YOU NOTICE ANY OF THESE SIGNS CALL 911 - PUT THEM IN RECOVERY POSITION
  ◆ When police and paramedics arrive life safety is their #1 priority.
    1. Give them the access to the patient and the information they need to help them - like what and how much was consumed, where it came from, if they've vomited;
    2. Make sure patient has ID, phone, keys, and cash on them; and
    3. Offer to accompany or pick up when released.

➔ Also intervene when you see -
  ◆ intense or uncalled for yelling/arguing,
  ◆ an injured person
  ◆ someone being taken advantage of in any way (especially sexually)
  ◆ someone being forced to do something they don’t want to do
  ◆ someone missing class more often than usual
  ◆ if you notice a friend displaying unusual behaviors or prioritizing drinking/partying over school or other activities

➔ If you notice something concerning about your, a friend’s or family member’s use of alcohol or other drugs you can call UHS-Tang AOD Specialists to talk confidentially about what you are seeing/experiencing and may want to do.

TRUE STORIES:
People are more likely to notice and intervene when they've seen or heard about others who do so. Here are a few true stories from Berkeley students.

At 2:30 Saturday night I had almost reached my apartment when I saw a young man stumbling and alone. I was tired and wanted to be in bed, but I decided to stop and investigate. I asked him how he was doing and he answered, “I’m great, I’m just trying to meet up with my friends.” Turns out his friends were back at his res hall about 5 blocks away. I decided to walk him home, because I knew that he would be safer with even one other person than walking home by himself. I did what I would hope

I was rocking out on the dance floor when I saw two people that seemed to be having an argument. The guy was following a girl who was making negative signs with her hands. I got worried and decided to do something - so I caught up to them and asked them if everything was alright. They looked at me slightly bewildered. Then the girl said “He wants to swing dance with me but I am kinda shy and not ready.” Case closed - it was just playful, animated banter. We all went on “dancin’ the night away. Could I have been seen as somewhat obnoxious for interrupting them? Yes. But though it was a little awkward at the time, I don’t regret my actions.

At about 4 AM, I awoke to a ruckus out in the hallway. I went out bleary-eyed and in my boxers, to see a bunch of floormates very drunk. I was tired and frustrated and angrily told them to go away and be quiet and they just made fun of me. Fortunately, another sober floormate arrived, and, seeing me boxer-clad and livid, understood my frustration instantly. More experienced with this sort of situation than I, he exclaimed, “C’mon guys, let’s go in the lounge!” which was met with a unanimous cry of enthusiasm from the group. This guy showed my that while it is annoying to have your sleep interrupted like this, it can be solved pretty easily. When you talk to drunk people, be friendly and non-confrontational -- rather than confrontational. Express your proposal as a way to improve their party - knowing is will also make it easier for you to sleep.

I got to college thinking I wouldn’t drink at all. Over time I decided to start drinking socially but learned that sometimes it’s hard to control the drinking once I start. The urge is strong to “keep up” with friends or do shots to be social and fun. I had one of these nights myself as a freshman, and one of my closest friends told me she thought I had had enough and should cut off the drinks for the night. She said she could tell my words were slurring, I was starting to fall and trip completely off balance and I wasn’t acting like myself anymore. I stopped drinking for the night and just hung out. Then she made sure I got home safe. The next morning, I remembered what she told me and was so thankful, because I realized that if I had kept drinking I probably would have blacked out. I was heading way past my limit.

Even though it was a tough decision to make, this past year I had to call an ambulance for my best friend. It saved his/her life. It was a game day - which can get pretty intense - and we were pre-gaming. What I didn’t know was that my friend had an unbalanced meal of Nattylights for breakfast. After a few hours of raging s/he disappeared. Another friend got me and led me upstairs to the room where he/she was lying on the floor, blue and unconscious. No one wanted to call 911 because they didn’t want him/her or them to get caught for drinking, didn’t want to pay the expenses, and didn’t want his/her parents to find out. Despite the opposition I called 911. S/he was taken to the hospital then sent home to the parents house nearby. I spoke to them the next day, and they were grateful that I called. The medics said that s/he easily could have died at that alcohol level had s/he not been sent to the hospital. Never be afraid to call for help. You could save a life.

Resources and Contacts
In case of emergencies:
- 911 for immediate emergencies
- Berkeley Police Non-Emergency Number (510) 981-5900
- Berkeley Fire Department (510) 981-3473
- UCPD Non-Emergency Number (510) 642-6750

**Warning Signs of Intoxication and Steps to Intervene:** The signs of possible alcohol poisoning and how to call for emergency medical help. Includes information about what to know and do if you’re transported to the hospital.

**Assessment Tools:** Use these to help you recognize individual or environmental factors (e.g. policies and practices) that can be related to alcohol-related problems.

**PartySafe@Cal Monthly Newsletter:** sign up for our newsletter and we’ll email a monthly update with information, resources and ways to get involved.

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

**UHS - Tang Center: Alcohol and Other Drugs: Information and Resources:** medical, counseling, education and policy resources for students - both on and off campus.

For more details and data - both Berkeley and National visit; [College Drinking Facts](#)

**Every Bear Gets Home:** The lessons of EBGH are important for every Cal student to be safe, to learn to survive their college years, to help others survive, and to respect the first-responder needs of the larger Berkeley community. We want to teach students how to be safe while they are having fun.

**Bears That Care (BTC)** - an active bystander initiative to make our Berkeley campus safer - wherein community members — like yourself — are able to recognize and intervene in situations that have the potential to be violent or harmful. Attend a Bears That Care Take Action presentation. Questions? 510-642-5991. takeaction@berkeley.edu.

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