The PartySafe@Cal Toolkit - SPRING 2019 (As of 2/25/19)

The PartySafe@Cal team is dedicated to improving our party culture by decreasing problems related to alcohol. Multiple student hospital transports, injuries, and public nuisance incidents each weekend don’t match up with our world class reputation. Use our Toolkit to get the good without the bad.

PartyGoer Checklist

BEFORE
➔ Eat food
➔ Charge your phone. Insert emergency & non-emergency resource and contact info.
  ◆ Poison control (1-800-222-1222)
  ◆ 911 or (510) 642-3333 for immediate emergencies
  ◆ Berkeley Police Non-Emergency Number (510) 981-5900
  ◆ Berkeley Fire Department (510) 981-3473
  ◆ UCPD Non-Emergency Number (510) 642-6750
➔ Make a plan:
  ◆ Clarify your reasons for going out and/or drinking
  ◆ Set your drinking limits (see chart)
  ◆ Pick your squad & tell them your plan
  ◆ Plan your exit time, route and transportation
➔ Avoid “pre-gaming” or hyping risky “expectancies”
  ◆ Drink when you arrive at the party, not before
  ◆ Interrupt “black out” talk
➔ Know relevant laws and policies and expectations for where you’re going (see Avoid Trouble)

DURING
➔ Don’t go straight to the bar
  ◆ Experience the party sober for a little
  ◆ Don’t assume everyone drinks and don’t assume you need to drink
  ◆ Scope out the people, drinks and activities
➔ Stick to your plan
  ◆ Know what’s in your drink and pace yourself
  ◆ Drink water. Stay hydrated.
➔ Stay with and watch out for your squad for the night
  ◆ Reinforce and hold them accountable to their plans and drink limits
  ◆ Don’t let others be pressured to drink
  ◆ If someone’s over-intoxicated everyone gets home safe together. No one left behind. No one walks alone.
➔ Be a good guest
  ◆ Know and respect the “house rules” and partythrower’s space
  ◆ Ask for water if you don’t see it
  ◆ See something and do something if something is “off”
➔ Don’t let small problems become big.
  ◆ Stay alert enough to notice risky behaviors and situations (e.g. no water available, guests over-intoxicated, party is over capacity, too loud or disturbing others’ studying and/or sleep)
  ◆ Trust your gut - do something, even if pressured to stay uninvolved.
  ◆ Don’t assume someone else will do something
  ◆ Engage others. Keep yourself safe. Get help from PartyThrower, staff, police or fire dept. if problem or emergency might escalate.
Know the signs of intoxication and steps to intervene effectively (see Intervention Scale & CUSP) **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.

If police or neighbors stop by an event you are attending, stay calm and speak to them honestly (Remember the Responsible Bystander Policy!). Refer them to the PartyThrower if possible.

**AFTER**

Make sure your squad gets home safely

Reflect:
- Did you have a good time?
- Did you stick to your limit?
- Lessons learned?
- Changes for next time?

Tell your squad or PartyThrower if...
- They did a great job and deserve recognition
- They did something wrong that needs fixing

Reach out for help if you or someone you know struggles with their alcohol or other drug use. It’s challenging to know what to do. You’re not alone (see Intervention Tips).

### Intervention Scale

**Signs of Intoxication**

- Slurred speech
- Difficulty standing or walking
- Loss of balance
- Reduced coordination
- Bloodshot eyes
- Rapid heartbeat
- Sweating
- Hypothermia
- Fainting
- Vomiting
- Properly call for medical assistance when necessary

**Call to Action**

- Get them home
- Cut them off
- Slow them down
- Support them

### Emergency Intervention

**Calls for medical assistance are for **

- Slurred speech
- Difficulty standing or walking
- Loss of balance
- Reduced coordination
- Bloodshot eyes
- Rapid heartbeat
- Sweating
- Hypothermia
- Fainting
- Vomiting

**WARNING**

- Do not attempt to revive someone who is unconscious. Do not give them water or anything to drink.

**When you’re calling for medical assistance...**

1. Identify yourself and state your name.
2. Provide the location of the incident.
3. Describe the situation and any injuries.
4. Stay with the person until help arrives.

**Call 911**

### Intervention Tips

- If someone you know struggles with their drug or other drug use, they are not alone. Seek help from a professional or support group.
- Be proactive and take steps to prevent substance misuse.
- Encourage your friends and family to seek help when they need it.

**Blood Alcohol Level**

The total ratio of alcohol to blood volume is known as the Blood Alcohol Level (BAL). Using these charts, you can estimate what the BAL would be for you based on the number of drinks consumed in an hour.

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<thead>
<tr>
<th>Men Drinks during 1 hour</th>
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**What Happens When You Drink?**

- **BAL**
  - Effect
    - 0.01: Reduced reaction time, quicker to act
    - 0.04: Impaired judgment, impaired coordination
    - 0.06: Nausea, vomiting, dizziness
    - 0.10: Loss of coordination, impaired attention
    - 0.15: Difficulty maintaining balance, slurred speech
    - 0.20: Unconsciousness, death

- **People only burn about 0.16% off their blood alcohol level each hour. Please it is not easy to sober up quickly**

**Warning Signs of Intoxication**

- Unconscious or unable to be revived
- Slow or irregular breathing
- Puking repeatedly or uncontrollably

**Important Information**

- Always drink responsibly and never drive impaired.
- If you suspect someone is impaired, do not allow them to drive.
- Call 911 in an emergency.

**Emergency Procedures**

- Call 911 if someone is unconscious, has a pulse, and needs medical attention.
- Use the Heimlich maneuver if someone is choking.
- Perform CPR if someone is not breathing.

**Preventative Measures**

- Always have a designated driver.
- Never drive impaired.
- Use a ride-sharing service or public transportation.

**Intervention Tips**

- Call 911 in an emergency.
- Encourage your friends and family to seek help when they need it.
- Be proactive and take steps to prevent substance misuse.

**Intervention Scale**

- **1** Slurred speech
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- **6** Rapid heartbeat
- **7** Sweating
- **8** Hypothermia
- **9** Fainting
- **10** Vomiting

**PartyThrower**

- A resource for information and support on alcohol and other drug use.
- Provides education and resources for students and employees.
- Available online and in-person.

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Party Thrower Checklist

Whether a first-time or veteran party thrower, don’t underestimate the importance or satisfaction of doing it well. PartyThrowers have unique opportunity and responsibility to ensure safe and social settings for all participants.

START OF EACH SEMESTER

- What’s worked and not worked at your past parties? Use this toolkit to help you increase the good and reduce the bad. To get a free 30 minute on-site confidential consultation with a PartySafe Team Member to review your specific set-up, opportunities, and challenges. Email partysafe@berkeley.edu
- Create your custom Party Night House Policies - involve everyone in the house so they’re real. Sample policies might be: Designated smoking areas outside only; Do NOT touch the music; Made a mess? Clean it up; Be responsible for the people you came with; Leave quietly and quickly when you go, don’t hang around in front; Don’t be boring; Recipe for tonight’s drink/punch is ____________; If you notice something risky - contact _____________
- Meet your neighbors, swap key contact information, establish relationship and basic ground rules.
- Recruit a crew of sober servers for the semester. Train them to monitor and intervene for signs of over-intoxication.

BEFORE A PARTY

- Choose a primary host
- If co-hosting with another group, make sure they have a primary contact, help plan and take responsibility for key sober server and security monitor activities.
- Clarify what you want to get out of throwing this party? What you want your guests to get out of it?
- Pick a date, time, and theme (if you’re having one) for the event. Have an agenda of non-drinking activities.
- Avoid trouble - really know and uphold the key community policies & expectations. In a recent study, college party hosts said they were familiar with local laws, but few were capable of elaborating on what these laws actually entailed (Lin et al 2014).
- Talk with neighbors about your plan. Make sure it works well enough for them. Reconfirm contact information for the party date & time.
- At least 10 business days before the party, apply to the Berkeley Fire Department for an Indoor Entertainment Event Permit if you anticipate more than 50 people, plan to serve alcohol or use amplified music. It will require a pre-party inspection 1-2 days before the party.
  - Map out your floor plan: location of bar, dance floors, games, water and sober monitor locations.
  - Gather your sober alcohol servers (do not allow self service) and security monitors and review procedures for this specific event, including giving the “Welcome/House Policies/Consent Talk”, maintaining safe occupancy and no over-intoxication. Make plans for emergencies, ie: injury, fire, overcrowding, unwanted guests - inside or loitering outside.
  - Do not have self-service alcohol. Schedule servers in pairs so not only one person is responsible at any given time. Standardize drink sizes. Right cups for right drinks.
Plan, organize, and purchase solid snacks and drinks and stuff needed for activities.

Limit availability of high ABV beverages.

SIDEBAR - In response to student alcohol related deaths associated with the fraternity community in fall 2014 the IFC established a two week ban on hard alcohol in common areas at fraternity parties. In the two weeks following the ban the number of alcohol-related incidents resulting in transports to the hospital dropped 60% to 7 incidents and 5 transports. “Given the evidence of its impact and the severity of the issues we were seeing in our community” says David Eisenberg, 2015 IFC VP Risk Mgmt “at the start of spring semester we pushed for, and eventually secured an IFC wide ban on hard alcohol (>20% ABV) at any events with the exception of 1 on 1 exchanges (within CalGreeks) that are registered in perpetuity.”

Subsequent BFD reports for the year illustrate two important things: 1) a sustained reduction from about 5.75 to 2.8 per weekend in overall need for hospital transports and 2) an even bigger drop in transports picked up from residence halls, where residents who drink to dangerous levels of intoxication, typically in the common areas of fraternities, are noticed upon their return by roommates and RAs who call for medical service. These calls decreased from about 3.25 to 1 per weekend - a reduction from 56% to 35% of total calls for BFD medical service and transports. As Campus Risk Manager Andy Goldblatt points out “correlation is not causation but it would be hard to point to any other change as making a bigger difference this year”.

Provide plenty of water. Do not run out! Put a security monitor nearby to keep an eye out. Place in multiple locations if you can.

- Sealed and bottled
- Covered tank or cooler
- Recyclable cups next to the kitchen sink

Plan that all decorations are safe, non flammable material, treated and maintained in a flame-retardant condition. NO FOG MACHINES. Exits, exit lights, fire alarm sending stations, smoke detectors, sprinklers and fire extinguishers cannot be concealed, in whole or in part, by any decorative material.

DAY OF PARTY

- Have emergency and non-emergency numbers saved in phones
  - Poison control (1-800-222-1222)
  - 911 or (510) 642-3333 for immediate emergencies
  - Berkeley Police Non-Emergency Number (510) 981-5900
  - Berkeley Fire Department (510) 981-3473
  - UCPD Non-Emergency Number (510) 642-6750

- Review security, monitoring and intervention procedures with servers and monitors and all other co-hosts - YEP, one more time!

- Post House Policies and Key Resources (e.g. how to locate/contact security monitors, Intervention Scale and Emergency Intervention/CUSP) at front door, at bar, in bathrooms, on stairs.

- Welcome guests. Communicate house rules and expectations (including “consent talk”) as well as secondary resources to empower guests to speak up if they see something risky.

- Enthusiastically support moderate and non-drinkers. Stop people who pressure others to drink.

- Be accountable for conduct and safety of your guests

- Intervene with over-intoxication. Slow them down. Cut them off, Get them home. Call for medical assistance.

- If police or neighbors contact you during your event, stay calm and honest.

- Don’t be afraid to get help if trouble arises. Use the numbers in your phone.

- If you interact with 911 and paramedics:
  - 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;
  - Make sure patient has ID, phone, keys, and cash on them; and
  - Offer to accompany or pick up when released.

- When police and paramedics arrive life safety is their #1 priority.
AFTER PARTY

- Immediate clean up; dispose of trash and recycling in the proper receptacles
- Debrief on party success/challenges and lessons learned. Check in with neighbors and guests for feedback.

[Sidebar]. If someone was transported to the hospital...

➔ After a hospital transport You may be confused or upset about being in the hospital because of alcohol or other drugs, or may be wondering what happened. You are not alone! Consider contacting someone you trust to be with you at the hospital or after you are discharged. If you don’t remember what led up to being admitted to the hospital, consider asking your friends, roommates, building-mates or resident advisor. Also, you may request a copy of the ambulance transport report, your hospital medical record or your local police department report. You will be responsible for some costs (e.g. ambulance, hospital, physician’s services, etc.). Do give the hospital your contact information and insurance information. If you receive bills later, contact your insurance company to discuss payment – they may be able to help with installment plans. Also, you can contact the Financial Aid Office to determine if you are eligible for loan adjustments for medical expenses. Your parents may learn about this if they were called as your emergency contact from your place of residence or if they receive any insurance-related billing statements at their home. You can contact your insurance company to request that any correspondence come to your local address. UC Berkeley may learn about this if you were transported from Cal property (e.g. residence hall) or if the police submitted information to the Center for Student Conduct. Do look for email correspondence from the campus over the next few months. For questions regarding the student conduct process, contact (510) 643-9069 or studentconduct@berkeley.edu. You may have legal consequences. You can contact your local police department or the Attorney for Students (Mark Lucia, (510) 642-3916) for more information or advice. Do read and complete the hospital discharge instructions and request copies that you can bring home with you. Make sure you have a plan to get home safely. Call a trusted person for a ride, take the 1 or 1R bus, Uber/taxi, etc. You may want to talk with someone about what this means for your life and how you make future choices about using alcohol or other drugs. Social Services offers confidential counseling and support to help you explore ways to minimize harm associated with alcohol and other drug use. Call (510) 642-6074 to set up an appointment. If you believe you may have been sexually assaulted, please visit http://survivorsupport.berkeley.edu/home for information and resources, including counseling support with a specialist at Social Services at (510) 642-6074.
Resources and Contacts

Emergency

- **911 or 510-642-3333 (UCPD)** for immediate emergencies. When you dial 9-1-1, or (510) 642-3333, or use a blue light phone to make your report, the dispatcher will ask you this question first: “Is this an emergency?” Do not downplay the importance of your call. Crimes in progress or involving life threatening circumstances receive the highest priority response. Be prepared to answer these questions.
  1. Is anyone’s life or safety threatened?
  2. Does anyone need medical assistance or an ambulance?
  3. If you are reporting a crime, is the suspect still there? (If so, make sure the dispatcher knows this.)
  4. Does the suspect have a weapon? What kind?

- Emergency Intervention Flier - CUSP - signs of possible alcohol poisoning (flier)

Non-emergency

- UCPD Non-Emergency Number (510) 642-6750
- Berkeley Police Non-Emergency Number (510) 981-5900
- UCPD CalTip Program (510) 664-8477
- Berkeley Fire Department (510) 981-3473
- Non-Emergency Intervention Scale (flier) (video) and Tips
- California Poison Control - The California Poison Control System provides immediate, free, and expert treatment advice and referral over the telephone in case of exposure to poisonous or toxic substances. Pharmacists, nurses, and poison information providers answer the calls to 1-800-222-1222 and are available 24 hours a day, 7 days a week, 365 days a year. Language interpreters are always available, just say the language you need when you call.
- PATH to Care Center - Care Line: 24/7 Urgent Support 510-643-2005. A safe place to start for affirming and confidential support for exploring all options, rights and resources for those that have experienced sexual harassment, emotional abuse, dating and intimate partner violence, sexual assault, stalking and sexual exploitation. For emergencies, dial 911.
- Cal Night Safety Services - UC Berkeley offers comprehensive free night safety services made up of BearWalk escort, night shuttle buses, and a door-to-door service. The time of day determines what services are available. BearWalks are available from dusk to 3:00am, night shuttles run on routes from 7:30pm to 3:00am and the door-to-door service is available from 3:00am until 5:30am. Classes, study, research, meetings, films or concerts can keep you on campus late at night. Visit BEARWALK.BERKELEY.EDU or call 510-642-9255 (2-WALK) to make your request!

Education and Counseling

Campus/Community

- PartySafe@Cal (University Health Services) - Toolkits, workshops, consultations, videos and other resources to get the good without the bad. Visit website or email partysafe@berkeley.edu or call 510-643-9073 for more information.
- Social Services (University Health Services) - Offers confidential and non-judgmental counseling and consultation about your own use or that of a friend and family member. 510-642-6074.
- Alcohol and Other Drug Services (University Health Services) - medical, counseling, education and policy resources for students - both on and off campus.
• **Happy Neighbors** is a program to help create awareness and optimal neighbor relations through peer education and outreach. Read and share its **Toolkit**. If you need help reaching your neighbors, contact calhappynighbors@gmail.com.

• **PATH to CARE Center** (Div of Student Affairs) - As part of its efforts to better equip our campus with the skills and resources to prevent and reduce instances of potential harm or violence, Advocates provide consultation/review for Consent Talks for party hosts and Peer Educators offer workshops. Use this link to **Request a workshop**. If you don't receive an email response within three working days, please contact pathtocare@berkeley.edu. Main Office: (510) 642-1988

• **UCPD Crime Prevention Outreach** (UCPD) - If you would like an officer to come to your building, room, or meeting to give a presentation to address your questions, please call (510) 642-3722 or email wmacadam@berkeley.edu.

• **Berkeley Police Department (BPD) Safety Presentations** - By appointment and as workload permits, Area Coordinator team members will also work with you to do presentations on personal, home or business safety and ways to deter or prevent crime in our community. Please call (510) 981-5806.

• **Every Bear Gets Home** (Berkeley Fire Department): 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** (Div of Student Affairs) - 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.

• **CalGreeks Alcohol Task Force** - a Greek affiliated student organization whose mission is to promote safe and responsible use of alcohol while educating the members of its community. Email cat.president@calgreeks.com.

**Online**

• National Institute of Drug Abuse (NIDA): drugabuse.gov/drugs-abuse

• Erowid: erowid.org
Know & Respect Community Policies & Expectations - Avoid Trouble

PartySafe@Cal encourages all students to know community policies, laws and penalties as well as their rights and responsibilities. Campus, city and state agencies work together to enforce in campus area.

Campus

- The Berkeley Campus Code of Conduct (which you signed shortly after submitting your SIR) and the Residential Code of Conduct (which you agreed to if you live in campus housing) both outline how campus policy and state law forbid the unlawful manufacture, distribution, dispensing, possession, use, or sale of alcoholic beverages or controlled substances by employees and students in the workplace, on University premises, at official University functions, or on University business.
- UCPD and City of Berkeley Police regularly share information about student violations with the Center for Student Conduct and Residential Conduct. Read the FAQ-CSC and Conduct Process-ResLife to learn how students are notified and allegations are processed.
- Our campus has a Responsible Bystander Policy. Students and registered student organizations who call for emergency medical assistance for another student will not be subject to a Conduct violation process even if they themselves were violating policies regarding alcohol or controlled substances (102.17 and 102.18).
- Other key policies include: University of California Policy on Substance Abuse; UC Office of the President Sexual Violence and Sexual Harassment (SVSH) Policy; Berkeley Campus Policy Governing the Promotion of Alcoholic Beverages and Tobacco Products on the Campus and at Campus Sponsored Events; Chancellor’s Principles of Community; CalGreeks Standard Operating Procedures; Berkeley Student Coop Party Policy.

City & State

Campus, city and state agencies work together to enforce alcohol policies and laws in the campus area. Law enforcement agencies from the entire Bay Area patrol the campus neighborhood during the first few weeks of the semester. They may stop anyone who looks under 21.

- Quiet Hours - City of Berkeley Quiet Hours are 10pm - 7am everyday. BMC 13.40
- Indoor Entertainment Events - any event with amplified music, alcohol service and more than 50 anticipated attendees must be permitted in advance by the City and pass inspection by the Fire Department. Applications must be submitted at least 10 days in advance at 2100 M.L.K. Jr Way, Berkeley, CA 94704. BMC 13.46
- Social Host - Hosts required to ensure minors are not consuming alcoholic beverages. Penalty fines compensate for cost of providing police services to parties, gatherings, or events requiring a response. BMC 13.49
- Public Nuisance - hindering the quiet enjoyment of the neighborhood; excessive noise or traffic; obstruction of public streets; public drunkenness; serving alcohol to minors; fights or disturbances of the peace. BMC 13.48
  - Penalties: 1st violation – put on notice and order to disperse, 2nd response within 120 days automatic $750 fine, 3rd violation within 120 days automatic $1500 fine
- Mini-Dorm & Group Living Accommodations - Outlines standards to be met for single family and multifamily residences being significantly modified by adding numerous bedrooms because the number of residents and lack of on-site managers in such buildings tend to impair the quiet enjoyment of the surrounding neighborhood by creating trash and litter, creating excess parking demand, and being the location of numerous loud and unruly parties. BMC 13.42
- Fake ID - If under 21 and caught with a fake ID, the penalty is a minimum $250 fine and/or 24-32 hours of community service, or a maximum $1,000 fine and/or six months in the county jail, PLUS... a one year
suspension of your driver’s license. If you don’t yet have one, you’ll have to wait an extra year to get one. Fake ID includes presenting (in fact, even carrying) anyone’s ID other than your own. BPC 25661

- **Minor in Possession** - If you are under 21 and ...
  - If you attempt to purchase alcohol the penalty is a maximum $100 fine and/or 24-32 hours of community service, plus...a one year suspension of your driver’s license. If you don’t yet have one, you’ll have to wait an extra year to get one. (BPC 25658.5)
  - If you are caught in possession of alcohol the penalty is a $250 fine and 24-32 hours of community service, plus...a one year suspension of your driver’s license. If you don’t yet have one, you’ll have to wait an extra year to get one. (BPC 25658 and 25662)
  - If you purchase or consume alcohol the fine is $250 and/or 24-32 hours of community service, plus...a one year suspension of your driver’s license. If you don’t yet have one, you’ll have to wait an extra year to get one. (BPC 25658 and 25662)

- **Driving Under the Influence** - If you under 21, you cannot drive a vehicle with alcohol in it and you cannot drive while under the influence. If you are caught driving with any evidence of alcohol in your blood: 1 to 3 year suspension of your driver’s license. Refusal to submit to a blood alcohol test is an admission of guilt to driving under the influence.

- **Furnishing/Serving Alcohol to a Minor** - If you are 21 or over, and are caught furnishing alcohol to an underage person: $250 to $1000 fine, a minimum of 24 to 32 hours community service to a maximum 6 months in county jail BPC 25658)

- **Open Container** - At any age it is a criminal offense to have an open container of alcohol in public (BPC 25620A) or in a motor vehicle.

- **Disorderly Conduct, Due to Intoxication** - Any person found in any public place under the influence of alcohol or other drug in such condition that they are unable to exercise care for own safety or safety of others, or interferes with or obstructs or prevents free use of any street, sidewalk, or other public way. (CA Penal Code 647f)

- **Immunity from Prosecution for Minors Who Consume Alcohol** - if the person involved (1) called 911 and reported that s/he or someone else needed medical assistance due to alcohol consumption, (2) was the first person to make the 911 report, and (3) if making the call on behalf of someone else, remained on scene with that person until the arrival of help and cooperated with medical/law enforcement when they did arrive. This immunity does *not* extend to potential criminal liability for other activities.

- **Illegal Drugging** - Giving someone a drug without their consent is illegal. Every person guilty of administering to another any chloroform, ether, laudanum, or any controlled substance, anaesthetic, or intoxicating agent, with intent thereby to enable or assist himself or herself or any other person to commit a felony, is guilty of a felony punishable by imprisonment in the state prison for 16 months, or two or three years. CA Penal Code Section 222

**Home Football Games**

- UCPD enforces the Student Conduct Code and the Fan Conduct Code & Permitted/Prohibited Items list.
- Fans that appear to be inebriated and unmanageable will not be permitted admittance into the stadium and may be subject to arrest. Underage drinking is an automatic citation, and entry to the game is denied. UCPD officers monitor for observable signs and will breathalyze for the purpose of awareness. Students can refuse regardless of age.
- Intoxication or signs of impairment related to alcohol or drug use, smoking and/or tobacco use, possession of any item listed on the "Prohibited Items List" may result in ejection from the facility, revocation of ticket privileges and/or arrest.
- Officers may also cite/arrest for city and state violations if the situation warrants it. For example, public drunkenness, regardless of age, can lead to arrest and jail.
足球比赛的处罚由学生行为中心审查。案件将被审查，并决定制裁，通常包括150美元的罚款。

打印并张贴这份《比赛日传单》以便您的社区提前知道有关参加比赛的规则。

安全巡逻
- 旧金山大都会警察局和伯克利大都会警察局在整个学年期间进行联合巡逻，以迅速响应关于聚会/噪音的担忧。
- 如果警察观察到任何犯罪行为的迹象，包括未成年人饮酒，他们可以进入该房屋、公寓等进行调查。
- 如果警察到您的派对：
  - 尊重和礼貌
  - 保持冷静
  - 限制威胁行为
  - 诚实配合

如果您的聚会开始失控，请提前打电话给警察。自己结束派对可以省掉很多金钱和麻烦。

肩并肩
- ABC和伯克利市警方在肩并肩行动中检查并阻止酒吧外或市场外向未成年人出售酒水的人。任何为未成年人提供酒精的人都会被罚款/逮捕，并且可能面临大型罚款和轻罪的刑事定罪。

陷阱门
- ABC和伯克利市警方与酒吧合作，防止未成年人使用假身份证购买酒精。巡逻队会逮捕、询问并引用该未成年人，有时会将该未成年人带到拘留所；可能会处以罚款、社区服务、县监狱时间，以及一年的驾驶执照暂停。

酿醉检查点和饱和巡逻
- 警察在路线上评估司机是否酒后或药物影响。酒驾的成本可能在5200美元到10000美元之间，包括拖车和存储，增加保险费，罚款，法庭评估，酒驾课程，律师费等等。
- 如果您看到有人试图酒驾，请拨打510-981-5911通知当地执法机构。在其他地方，请拨打911并提供位置、描述和，如果可能，车牌号。不要试图阻止、跟踪或扣留车辆 - 这是给现场警官的。

关键机构
- 伯克利大学中心
- 伯克利大学住宅生活行为
- 旧金山大都会警察局（UPCPD）
- 伯克利市警察局（BPD）
- 伯克利市消防局（BFD）
- 加利福尼亚州酒精饮料控制局（ABC）
- 加利福尼亚商业与职业局
- 加利福尼亚州刑法 - 第222节
- 学生法律服务 - 伯克利
- ASUC学生倡导办公室
Background Facts and Info
Alcohol is the most common drug consumed by college students. Most Cal students who drink or use other substances make safe choices and don't experience negative academic, physical or social consequences due to their use. Following data is from NCHA Survey, Spring 2016 unless otherwise indicated.

Education:
- 96% of Berkeley students report receiving information on alcohol and other drug use from campus.

Consumption:
- 33% of Berkeley students don’t drink (past month)
- 71% of Berkeley students who drink usually have 4 or fewer
- 21% of Berkeley students binge drink (past two weeks)
- 83% don’t use marijuana and 94% don’t smoke cigarettes (past month)
- 41% of new Berkeley students don’t drink (includes transfers) (Campus Clarity)
- 99% of student drinkers use one or more personal risk management techniques.
  - 43% alternate non-alcoholic with alcoholic beverages
  - 76% keep track of how many drinks they consume
  - 38% pace drinks to one per hour
  - 31% set a limit in advance

Risk and Harm:
- While 58% of student drinkers do not experience negative consequences due to their drinking, the range and scope of alcohol-related risk should not be underestimated. Adverse consequences related to substance use are well-documented, and they often impact more than just the users themselves. Adverse consequences include death, injuries, sexual and physical assault, hangovers, black-outs, impaired academic performance, student attrition, driving under the influence, legal fines, property damage, vandalism, high risk sex, and dependence.
- Among students who drink:
  - 30% did something they later regretted
  - 19% drove under the influence
  - 11% had unprotected sex
  - 8% injured themselves
- Their impact on others includes:
  - Disrupted sleep or study
  - Add more

Pre-gaming - People who pregame report greater negative consequences than those who do not. Recent studies show that risk is independent of how much drinking occurs across the entire drinking episode or how much an individual typically drinks. There’s also evidence that women are at particular risk for consequences when they engage in pregaming. *Is the Pregame to Blame?* Merrill et al. J Stud Alcohol Drugs. 2013 Sep; 74(5): 757–764.

Mixing alcohol with other drugs - When alcohol is consumed along with over-the-counter, prescription medication, or other illicit drugs it can reduce the effectiveness of the medications and/or lead to significant and unpredictable interaction effects that can be potentially dangerous. The effects will vary depending on the major action of the drug. Information on the general effects that result when one mixes alcohol with various classes of drugs is available in *Mixing Alcohol with Medicines from the National Institute on Alcohol Abuse and Alcoholism* and in *Effects of Mixing Drugs and Alcohol from alcohol.org*.

Higher ABV - TBA
Alcohol Service - TBA
Environment - In addition to individual characteristics, party specific factors, such as party size, location, duration and level of social control (Demers et al, 2002) influence drinking behavior. Among 100 party observations conducted by Public Health 14 students in Spring 2014, of the 20 parties at which “passed out” guests were observed, 16 did not have sober hosts.

Student alcohol-related emergency transports (UCPD) place a disproportionate demand on city services, causing other residents longer waits and distances to receive the help they need:

- Fall 2017 – 58
- Fall 2016 – 64
- Fall 2015 – 65
- Fall 2014 – 83

Public Nuisance Violations for loud, late parties (BPD):

- Fall 2016 – 31
- Fall 2015 – 59
- Fall 2014 – 47
- Fall 2013 – 76

Alcohol Effects & Intoxication

- 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 bloodstream, then goes to every organ, including the brain, affecting the brain’s ability to process information, so...
    i. It takes longer to react to situations, such as a changing traffic signal
    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.

Bystander Effect

If you can recall a time when you saw or heard about a risky drinking behavior or situation 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 oftentimes 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 diffus...
True Stories
Sometimes stories say it best. Here are a few true stories we’ve collected from Berkeley students.

“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

“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

“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

“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

“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

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 me 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.