Create a Plan for a Safe Night Out

Heading out with friends? Make a plan before you head out the door to increase the likelihood that your friends and you have a great time and make it home safely. Most college students are making plans to ensure they get home safely every time!

Before you leave

- Decide now whether or not you are going to drink. Remember, if you are under 21 it is illegal in all 50 states to possess or consume alcohol.
- If you choose to drink, set a lower-risk limit for the night (4 or fewer drinks for men and 3 or fewer drinks for women).
- Let your friends know of your decision and respect their decisions to not drink or to drink at a lower-risk level.
- Eat! Food slows down alcohol absorption.
- Designate a sober driver and pre-program your cell phone with at least 2-3 numbers for a safe ride or safe walk home.

While you’re out

- Have fun! And remember to periodically check in with your friends.
- Stick to your limits with regard to drinking. Help your friends do the same.
- Grab some snacks and stay hydrated with water or a non-alcoholic beverage.
- Keep a watch on your drink and never take a drink you did not pour yourself or see a bartender make. If you leave your drink unattended, just get a new one!
- Feeling pressured to drink? Fill your cup or bottle with water, juice or soda.
- If you see someone who is not doing well or is passed out, check on the person and ask others for help. If the person needs medical attention, call 911 and stay with them until help arrives.

Getting home

- Gather your friends and make sure your designated driver is sober and, if not, call someone who is or walk home together.
- If a friend has had too much to drink, never assume they can simply sleep it off. Stay with them, and call 911 if you are concerned they may have alcohol poisoning.

Source: www.bacchusnetwork.org

Interested in becoming a Speak UP Bucknell Peer?
Contact us at speakup@bucknell.edu!
Applications available online: http://www.bucknell.edu/x68177.xml

DEADLINE: MONDAY, APRIL 1

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