

Sent on behalf of the Office for Equal Opportunity

Spring Break Safety

With spring break approaching rapidly, students will be attending numerous social events and enjoying the time off. Some students may also travel to known spring break party spots. The Sacramento State Office for Equal Opportunity and Student Health and Counseling Services encourage students to make this year's spring break memorable by having fun and helping each other stay safe and healthy.

Here are some tips to help drinkers and non-drinkers alike stay safe on spring break:

➤ **Alcohol & Drug Safety**

- Say, "No thank you," if you don't want to drink. If you would feel more comfortable with something in your hand, you can drink a nonalcoholic beverage.
- Count the number of drinks you consume and "pace" your drinks to approximately one drink per hour (12 oz. beer, 4 oz. wine, or 1 ½ oz. liquor).
- Avoid drinking on an empty stomach. Food slows down the absorption of alcohol.
- Avoid drinking in a hot tub. Alcohol can dilate blood vessels and lower blood pressure to dangerous levels. The effects of drinking are felt faster and stronger if you're sitting in a hot tub.
- Avoid rapidly consuming shots, such as during drinking games. Most alcohol-related deaths occur after individuals have consumed alcohol at a fast rate.
- Avoid mixing alcohol with other drugs, prescription and nonprescription. In some cases, such mixtures can be extremely hazardous and even lethal. Consult a qualified professional if you have specific questions about this.
- Never drink and drive and never ride with an impaired driver.
- Use the buddy system. Watch out for friends and have friends watch out for you.
- If you are concerned for the well-being of a friend who has consumed too much alcohol, immediately request medical assistance. Some signs of alcohol poisoning may include mental confusion, unresponsiveness, gasping for air/snoring, vomiting, hypothermia, uneven/erratic breathing, loss of consciousness, and pale or blue skin.
- **IMPORTANT NOTE ON INCAPACITATION:** A person incapacitated by alcohol or drugs cannot consent to sexual activity. Signs of incapacitation may include highly slurred speech, bloodshot eyes, smell of alcohol on breath, difficulty walking or balancing, vomiting, outrageous or unusual behavior, or unconsciousness. If you see someone at a party or other social event whose ability to make informed, rational decisions is impaired by drugs or alcohol, help the person secure a safe means to get home or summon emergency medical assistance if necessary.

➤ **Travel Safety**

- If you are staying at a hotel, lock the doors, and secure important belongings like passports and wallets in the safe.
- Be smart about who you give personal information out to – don't tell new acquaintances your hotel or room number. You never know who has innocent or dangerous intentions.
- Be careful not to share too much information about your location on Social Media – doing so may endanger your safety. Adjust your privacy settings and use your best judgment when checking in on Social Media sites. Be cautious about revealing personal information and location through status updates.
- Know When to Get Help. Before you go, make a list of numbers that you could call in the case that you find yourself in a dangerous situation. If traveling outside of the country, be sure to look

up the address or contact information for the American consulate or U.S. Embassy in the country where you're headed. Be sure to tell friends and relatives in the U.S. of your travel itinerary and try to check in with them often.

- Don't take chances with illegal drugs. For some, the relaxed environment of spring break getaways can make it seem like no big deal to carry recreational drugs in and out of foreign countries, but possession of illegal drugs can get you into serious trouble, both at home and overseas.
- If you need help, ask for it. If there's an emergency, don't rely on a bystander to call for help. Call for help yourself to be sure first responders or police get the message.

➤ **Consider Alternative Spring Break**

- Sac State and many other schools offer alternative spring break options, including networking retreats and community service trips. Please visit <https://www.csus.edu/cec/> for more information on Sac State's alternative spring break.

Also, know that Sac State's Student Health and Counseling Services, including counseling and confidential advocate services for students on or off campus, are available at (916) 278-6461 (Student Health and Counseling Services) or (916) 278-5850 (Sac State Confidential Advocate). Sacramento area counseling and advocacy services are also available through WEAVE at (916) 920-2952.

For additional information, please visit the Sacramento State "We Care – We Will Help" sexual misconduct awareness webpage at <http://www.csus.edu/titleix>.