



Has boredom set in?
Studies getting you down?



IT'S PARTY TIME!

Go Wild with Ideas

Have a theme

- Stars of the Silver Screen
- Fantasies
- 50s Bash
- Casino Night

Go all out or keep it simple

- Flashy decorations or none at all
- Funky costumes or jeans and T's
- Local band or favorite tapes
- Volleyball tournament or all-night poker game

Food and Drink

■ Partying and boozing aren't synonymous—feature soft drinks, exotic fruit punches, cider, flavored seltzers, bottled waters. Top with a garnish, use fancy glasses, call it a mocktail

■ Jazz up the munchies menu. Go beyond chips and crackers. Include high protein foods—miniature pizzas, 6 foot subs, fancy cheeses, sushi, veggies and dip.

■ If you serve any alcohol, stop serving at least an hour before the party winds down. Offer coffee, hot chocolate, or tea—it won't help someone sober up, but it does allow time to pass before leaving.

Be a Great Host

■ Make sure your guests are having a good time and that no one's behavior gets out of hand. As host you may be liable if anyone is injured.

■ Remember, it's illegal for anyone under 21 to drink beer, wine or liquor—even at a private party.

■ Never push booze on anyone and don't let your guests do it either.

■ Stay sober yourself. You might have to deal with an emergency.

THE PARTY'S OVER, but . . .

. . . some guests aren't sober enough to drive?

■ Find them rides, and make arrangements to have their cars dropped off.

■ If they're adamant about driving, "lose" their car keys.

■ Call a cab (and send an escort to make sure they reach their destinations safely). Check to see if your community has a "Tipsy Taxi" (a program to provide free rides to anyone who needs a safe ride home).

■ Invite them to stay overnight. Even the floor is more comfortable than the emergency room.

■ As a last resort, call the campus escort or shuttle service to see them home.

. . . what if someone's REALLY loaded?

Don't

■ Don't give any drugs—even aspirin.

■ Don't give coffee, tea, or other liquid stimulants.

■ No cold showers—this can cause shock, passing out, and possible injury.

■ Don't try to force walking, running, or other exercise.

■ Don't try to keep the person awake.

■ Don't attempt to restrain the person.

■ Don't induce vomiting.

■ Don't attempt to have logical discussions.

Do

- Try to assess if the person is in a life-threatening health crisis—if so, call for help!
- Speak in a clear, firm reassuring manner.
- If you put the person to bed, make sure she or he is lying on a side, not on the back.

IN THE NAME OF BROTHERHOOD

- Fraternities, sororities and other membership groups use initiations as a way of bonding, and proving loyalty. But hazing is dangerous and against the law. When alcohol is involved, as it usually is, results can be tragic.
- Chugging contests are particularly dangerous. Remember that alcohol is toxic and can be lethal.
- No one who has been drinking should ever be physically confined—locked in a car trunk, zipped in a sleeping bag, shut in a closet. There have been many tragic hazings where someone drunk was shut up, left alone—and choked to death on their own vomit.
- Dangerous physical stunts should never be part of an initiation—and nothing even remotely risky or requiring physical coordination should be combined with alcohol consumption.
- No one under the influence should be taken “down the road” and left in unfamiliar surroundings (with or without their clothes). Disorientation leaves an individual defenseless against traffic hazards, assault, and other dangers.
- If things get out of hand—stop. If you are the initiate, be prepared to leave. If you are part of the initiating group, speak up. Appeal to the most reasonable of your group’s leaders. If necessary, call in the appropriate

- campus authorities or the police. It takes courage, but it’s worth it to avoid a tragedy that could cost a life and mean the end of your organization.
- Better yet, plan ahead. Set firm guidelines for acceptable initiation activities, and enforce them. Causing humiliation, pain, and harm is the antithesis of friendship and brotherhood.

DON'T GET BOMBED, GET INVOLVED!

- Throw the spotlight on activities and parties that feature nonalcoholic beverages. Offer mocktails or “happy hour” prices on “virgin drinks.”
- Promote specialty nonalcoholic drinks such as Frozen Mockaritas and Apple Zingers. Enlist local bar and restaurant support to serve the drinks. Develop a party book with favorite “virgin” drink and munchie recipes to sell as a fundraiser for your club.
- Sponsor an “alternative bar” at your student union or next campus function. Invite “celebrity” bartenders (faculty, star athletes, student leaders, local TV personalities) to serve and popularize the new pub.
- Form a BACCHUS (Boost Alcohol Consciousness Concerning the Health of University Students) Chapter on your campus. For information write or call BACCHUS of the U.S., Inc., P.O. Box 10430, Denver CO 80210 (303/871-3068). Or start your own group.
- Produce and present a skit, video, or straight talk program on substance abuse at your community junior and senior high schools. Younger teenagers look up to college students.

- Institute a designated drivers program with free soft drinks, pins, or T-shirts for the designated drivers. Contact local businesses for support.
- Join forces with the Panhellenic Council, Interfraternity Council, and campus administration to initiate a “Dry Rush” tradition.
- Push for firm campus policies against hazing.

STOCKTON POLICE DEPARTMENT

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