Don’t Be Frightened!
Halloween Can Still Be Safe and Fun!

Be Safe About Drinking
- Eat before and while you are drinking
- Set and know a safe limit of standard drinks
- Pace your drinks to approx. 1 per hour
- Have a designated driver
- Always mix your own drinks
- Don’t accept open drinks
- You have the right to see the bartender make your drink
- Never leave your drink unattended
- Avoid drinking games
- Alternate alcoholic drinks with non alcoholic drinks
- Use the buddy system, watch out for your friends

Be Safe About Sex
- Wear a condom to help prevent the spread of STIs and unplanned pregnancy
- A person cannot give consent if under the influence of alcohol
- Consent is a verbal yes, NOT a lack of no
- Even if consent is given a person does have the right to change their mind at any time

Binge Drinking
- Binge drinking for men is consuming 5 or more drinks in 2 hours (Center for Disease Control-CDC)
- Binge drinking for women is consuming 4 or more drinks in about 2 hours (CDC)
- 90% of the alcohol consumed by people under the age of 21 is in the form of binge drinking (CDC)
- Binge drinking is more prevalent in men than it is in women (CDC)
- Health risks include liver disease, alcohol poisoning, neurological damage, sexual dysfunction, and unintentional injuries (CDC)

Have a Safe and Happy Halloween!

Brought to you by the BACCHUS Peer Health Educators

Check out the November issue of Student Health 101 for information about sleep myths, exercises you can do, ask your desk, dealing with loneliness and what’s on your plate!

Check your IC email to get the November issue!