

the RED CUP Q&A

separating alcohol fact from fiction

wildfact One size does not fit all.

What can my sorority sisters and I do to keep ourselves safer while on campus even after we've drank too much?

There are strategies to reduce potential harm once you've over-consumed and we'll get to them in a moment. However, *pre*-vention is always easier than *post*-vention. The best way to reduce harm from overdrinking is to stay in your "Sweet Spot" by keeping your BAC at or below .05%. Ex: two standard drinks for females and three for men/ drinking event. This way you avoid the problems associated with over-consumption such as vomiting, blacking out, placing yourself at risk, having regrets, etc., and maximize positive drinking outcomes like being social and having fun.

Here are three practical ideas to add to your arsenal of harm reduction strategies to make you and your sorority sisters safer on campus.*

Having a designated sober buddy (SB) whenever you drink is always a good idea. Being able to count on a friend who has *their* frontal lobes intact is a considerable advantage.

Although your SB can stop you from doing something embarrassing or dangerous, you are ultimately responsible for your own behaviors.

Get yourself to the place where you will be the safest. Most likely, this will be your own room. Your SB can help make that happen.

Download LiveSafe, a free app that links up students to emergency contacts available on campus. The idea behind the app is for students to reach maximum safety on and around campus, providing access to SafeRide and SafeWalk. One of the coolest features is that a student can call a friend and share their location via GPS. The student's friend can then follow their location until they arrive home safely and could alert UAPD if needed. Remember that UAPD is here to protect the safety of all UA students.

**Refer to the Red Cup Archives regarding alcohol poisoning.*

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



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