

the RED CUP Q&A

separating alcohol fact from fiction

SPECIAL SPRING BREAK EDITION!

Let's face it, not everyone will be partying in Cabo or Lake Havasu this spring break. Each year, more students are exploring alternative options that give them a chance to give back to a community in need or offer a chance to build their resume. Many more are dreaming of sleeping in and the comfort food that awaits them back home.

But if your spring break happens to include an exotic locale and partying, the Red Cup Q&A is here to help. Use these tips to get the most out of your spring break and make it one you can remember:

1) STAY IN YOUR SWEET SPOT - Savvy spring breakers know that the week is a marathon, not a sprint. Use a BAC calculator app to figure out how many drinks per hour you can have to stay in your "sweet spot" – generally .05 BAC or under.

2) GET CONSENT - It's the Wildcat Way. Consent can't be given if someone is

incapacitated due to drugs or alcohol, and sex without consent is rape. Best bet? Always ask for consent, and make sure your partner is sober enough to say "yes" when they are feeling it... and "no" when they're not.

3) PROTECT YOURSELF - Whether you plan to hook up or not, bring condoms just in case. Your goal is to bring back good memories, NOT a sexually transmitted infection (STI). While you're at it, bring a hat and use sunscreen to avoid getting fried after long days in the sun. If you are driving to your spring break destination, hit the road well rested, buckle up, and don't text and drive – it can wait.

4) BUDDY UP - Stick with friends you know and trust, especially when you are far from home/campus. Having a sober friend can help the group steer clear of sketchy situations; they'll also have the skills and presence of mind to step up if someone needs help.

wildfact

Going to Mexico? Search for "Mexico" at www.health.arizona.edu for info and tips on spending time south of the border.

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



www.health.arizona.edu



CAMPUS HEALTH

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Clauson, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.