Party Intention Plan Worksheet

Step 1: Define Your Purpose

Event Details:

- Date:
- Time:
- Location:
- Type of Event (e.g., house party, club night, outdoor gathering):

Personal Goal:

- What do I hope to achieve or experience at this party?
- What are my reasons for going out?
- Who am I going to share my party intentions with?
- How am I feeling emotionally?

Step 2: Safety and Precautions

Transportation:

- How will I get to and from the party safely?
  - Options: Designated driver, rideshare, public transport.
- How long do I want to stay at the party? How will I ensure I go home when I plan to?
  - TIP: Set a timer on my phone for when I want to leave/pre-order an Uber to take me home before going out!
- Am I going to the party with a group? How will I ensure that everyone arrives and leaves together?

Emergency Contacts:

- List at least two trusted friends or family members who can help if needed.

Personal Limits, Intentions, & Well Being:

Alcohol:

- Do I plan to drink tonight?
  - If so, what are my intentions and limits?
- How will I ensure I stay within these limits?
Ex: Limiting myself to a certain amount of drinks, sticking to the same type of alcohol, avoiding shots, pacing myself, pairing each drink with a glass of water.
- Consider tracking how much I am drinking.
- Consider a BYOB strategy – decide what and how much I will bring.

Hydration:

- What is my plan for staying hydrated and managing hunger during the event?
  - Carry a water bottle, eat a meal beforehand, bring snacks.

Bystander Intervention:

- How will I respond if I witness concerning behavior (e.g., harassment, excessive intoxication)?
  - Ex: Direct intervention, seeking help from sober hosts, supporting the person who is affected.

Step 3: Social Engagement

Socializing Goals:

- How do I plan to engage with others at the party?
  - Examples: Talk to new people, catch up with friends, avoid conflict, dance.

Respectful Behavior:

- What behaviors will I exhibit to ensure I and others feel comfortable and respected?
  - Examples: Listening actively, respecting personal space, avoiding gossip.

Step 4: Reflection and Follow-up

Post-Event Reflection:

- Did I have a good time? Why or why not?
- Did I stick to my party intentions? Why or why not?

Check in with Friends:

- Discuss with my friends their experiences at the party.
- Were there any concerns or positive aspects that stood out?
Feedback and Adjustments:

- What changes might be made for next time?

Examples: Adjusting transportation plans, setting clearer boundaries, choosing different events, improving conversations with friends, sticking with initial plans.

Additional Tips:

- Plan Ahead: Discuss my intentions with friends attending the party with me to ensure mutual support.
- Stay Aware: Be mindful of my surroundings and trust my instincts if something doesn’t feel right.
- Bystander Responsibility: Consider my role in creating a safe environment for everyone at the party.
- Have Fun Responsibly: Enjoy the party while prioritizing my safety, well-being, and respect for others.