GVEO PARTY GOER
CHECKLIST

Be aware of and follow all legal/campus policies regarding alcohol.

BEFORE DRINKING/PARTYING

☐ Eat a hearty meal.

☐ Charge your phone and make sure emergency/non-emergency resources are accessible. Tip: Duke Emergency Contacts are located in your Duke Digital Card!

☐ Make a party intention plan:
  • Clarify your reasons for drinking and/or going out.
  • Don’t assume everyone drinks and don’t assume you need to drink.
  • Decide how you will track how much you are drinking.
  • BYOB and only what you want to drink if possible.
  • TIP: You can fill a cup with something non-alcoholic and no one needs to know.

☐ Plan what time you want to end the night and how you want to get home. TIP: Set an alarm on your phone that will go off when that time arrives or pre-order an Uber!

☐ Go with a buddy! Tell each other your party intentions.

☐ Know the signs of alcohol intoxication and the steps to intervene.
When you get to the party: **ASSESS.** Are there risky behaviors and situations? (no water available, guests are over-intoxicated). If yes, consider leaving.

- Note who/where sober hosts are just in case you need their assistance.
- If you lose sight of your drink, get a new one!
- **Stick to your plan!**
  - Alternate alcohol and non-alcoholic beverages/water to stay hydrated.
  - Stick with one alcohol type if possible.
  - Avoid drinking from large containers of mixed drinks; it’s hard to know how much alcohol is in there!
  - Enjoy non-salty snacks if possible – but any food is better than no food!

- Be an pro-social bystander if you notice someone in a vulnerable situation or are uncomfortable in any way with what you are seeing.
- Stay with your buddy and watch out for each other!
  - Reinforce and hold each other accountable to your party intentions.
  - Use each other to ensure that no one is pressured to drink.
  - If one of you becomes over-intoxicated, stop drinking altogether and help get the intoxicated friend home safely. No one left behind. No one walks alone.

**AFTER YOU ARE DONE DRINKING/PARTYING**

- Make sure you and your friends get home safely.
- **Reflect:**
  - Did you have a good time? Why or why not?
  - Did you stick to your plan?
  - Check in with your friends about their experience.
  - What changes might be made for next time?