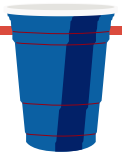
GVEO PARTY GOER CHECKLIST

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.**

DURING DRINKING/PARTYING



- [ ] 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?