Eating high protein foods will slow down the absorption rate so alcohol won’t hit your system all at once.

**EAT A FULL MEAL**

Figure out how you’ll get home safely. Consider arranging a designated driver, taking cash for a cab, or staying overnight.

**PLAN AHEAD**

Make sure there will be at least a few people at the party that you know well and trust.

**STICK WITH FRIENDS**

Set a limit for how many drinks you’re going to have and try to stick to it. Maybe have your designated driver help you stick to your limit.

**SET A DRINKING LIMIT**

Sticking together and leaving together will help prevent unwanted hook-ups or anyone being left behind.

**USE THE BUDDY SYSTEM**

Have a mobile phone with you and be sure to program emergency numbers in case you need to call for help.

**BRING A MOBILE PHONE**

If any of your friends are still very intoxicated, don’t leave them alone. Be sure to check on them throughout the night since their BAC can still rise even though they’ve stopped drinking.

**HANDLE YOUR OWN DRINKS**

Drinking games make it hard to judge how much you are drinking and how quickly.

**AVOID DRINKING GAMES**

Don’t take any pills offered by others. Bring your own if necessary (e.g. aspirin, breath mints, gum).

**THINK AHEAD**

Consider alternating your drinks with water. It takes your liver about 1 hour to process each alcoholic drink.

**PACE YOUR DRINKING**

Stick with one type of alcohol can make you feel sick and lead to worse hangovers.

**AVOID MIXING ALCOHOL**

Open your own drink and keep it with you at all times. Don’t drink from open containers (e.g. punch bowls).

**HANDLE YOUR OWN DRINKS**

Just because someone hands you a drink doesn’t mean you have to drink it. It’s okay to put it down somewhere later on.

**STICK TO YOUR LIMIT**

Open your own drink and keep it with you at all times. Don’t drink from open containers (e.g. punch bowls).

**HANDLE YOUR OWN DRINKS**

Know the signs and symptoms of alcohol poisoning and what to do if someone exhibits these symptoms.

**STAY AWARE**

If you drink hard alcohol, choose clear alcohol over dark to minimize hangovers.

**CHOOSE CLEAR ALCOHOL**

If you feel “weird”, develop a headache or feel very tired get help right away.

**LISTEN TO YOUR BODY**

By others. Bring your own if necessary (e.g. aspirin, breath mints, gum).

**THINK AHEAD**

Drink water and eat a small amount of mild but nutritious food. This counteracts the dehydration and electrolyte imbalance from the alcohol and prevents a hangover the next day. If eating solid food sounds unappealing, sip sports drinks instead.

**DRINK WATER AND EAT**

If they want to leave with someone they don’t know, try to talk them out of it.

**LEAVE WITH YOUR FRIENDS**

If any of your friends are still very intoxicated, don’t leave them alone. Be sure to check on them throughout the night since their BAC can still rise even though they’ve stopped drinking.

**KEEP AN EYE ON FRIENDS**

Make sure everyone gets home safely.

**GET HOME SAFELY**

Alcohol interferes with normal sleep cycles, and a lack of sleep will lead to worse hangovers.

**TRY TO GET SLEEP**

Drink water and eat a small amount of mild but nutritious food. This counteracts the dehydration and electrolyte imbalance from the alcohol and prevents a hangover the next day. If eating solid food sounds unappealing, sip sports drinks instead.

**DRINK WATER AND EAT**

Make sure there will be at least a few people at the party that you know well and trust.

**STICK WITH FRIENDS**
PARTY GUIDE

GUIDE TO SAFE PARTYING

Partying is a great part of college, but it’s important to do so smartly. Not everybody at a party is there to get trashed. By taking some precautions before you go out, you’ll be able to fully enjoy the night and even remember it the next morning! Follow this guide for some helpful tips and tricks on how to party smart.

RESPECT YOUR NEIGHBORS

USF is located within an urban environment. The campus is surrounded by several residential neighborhoods. Guidelines for off-campus conduct have been established in order to uphold standards of behavior that should be demonstrated by USF students when they are present in the surrounding neighborhoods. The University encourages its students to behave with respect and concern for all members of the local community.

POLICIES

“San Francisco Social Host Policy”
Hosting a party? You’re responsible for your guests!

Did you know that as “social host” you may be liable for alcohol-related damages or injuries caused by a person under 21 to whom the social host served alcohol.

“San Francisco Noise Ordinance”
Section 2915 of the San Francisco Police Code establishes guidelines for noise regulations: It is unlawful for any person to make, continue, cause or permit any unnecessary, excessive or objectionable noise. This includes vocal or instrumental music and related sounds, live or produced mechanically, which disturbs the peace or causes the annoyance or discomfort of any reasonable person.

“Medical Amnesty/Good Samaritan”
Students who seek medical assistance for themselves (Medical Amnesty) or seek help for another student (Good Samaritan) due to intoxication of alcohol and/or drugs will be exempted from the standard disciplinary processes outlined in the Fogcutter Student Handbook. This policy only applies to a student’s first alcohol and/or drug policy violation for which they are documented; it does not apply to other violations.

CONSEQUENCES

In all cases involving student misconduct off campus, the University reserves the right to exercise disciplinary action. Students or organizations found responsible for violating these regulations will be subject to the same sanctions imposed for on-campus violations.

RESOURCES

If you’re off campus call 911 and feel free to follow up the call by placing one in with Public Safety.

Public Safety 24-hour Dispatch
Emergency Number
415.422.2911

Public Safety 24-hour Dispatch
Non-Emergency Number
415.422.4201

Office of the Dean of Students
415.422.5330

Counseling and Psychological Services
415.422.6352

SF WAR
415.647.RAPE (7273)

*with the exception of Public Safety’s 24 hour dispatch, all offices are open 8:30 a.m. - 5 p.m., Monday-Friday.

RIDE HOME SAFE

Yellow Cab Taxi
415.333.3333

Desoto Cabs
855.970.1300

Luxor Cabs
415.282.4141

Lyft or Sidecar
By downloading the apps to your smart phone, you can request rides from near-by drivers. A cheaper, friendly alternative to taxis that runs on a donation based system!