



Safe spring break

While Drinking

- Party **SMART** and **RESPONSIBLY**:
Know your limits!
- Drink no more than 1 drink per hour.
- Space and pace: drink water in between drinks.
- Eat a meal **BEFORE** and snack throughout the time you're drinking.
- Know the drinking laws of where you're going.
- Know signs of alcohol poisoning: cold, clammy skin; slow, shallow breathing; vomiting; passing out.



Going Out

- Use the buddy system: always pair up, or travel in groups.
- Be aware of your surroundings.
- Use a designated driver, Uber or public transportation.
- Don't accept drinks from strangers.
- Never leave your drink unattended.

tips

At Home

- Make a Tik Tok dance video.
- **DANCE** to music you love.
- Make art, draw or paint.
- Journal, meditate or talk with friends.
- Take a nature walk, bike ride, rollerblading.

Hooking Up

- Stay safe and always use protection.
- Consent is key.
- Don't do anything you are uncomfortable with.
- Not everyone is doing it.
- Don't "hook up" while tipsy.

If you notice that your behavior or a friend's behavior changes from using alcohol, pick a time to talk with them about it or reach out for help by speaking to a counselor. CSU offers free and confidential services for students.

Counseling Center
 COOK ADM, Room 131 (773) 995-2383
 counselingcenter@csu.edu



CHICAGO STATE
 UNIVERSITY