

Party Smart Information (Adapted from Western Carolina)



Message from SGA President

Message from the Student Government Association:

Anyone who's been to parties with their friends on a Friday or Saturday night knows how fun it can be. But they'd also know about some of the downsides of the party scene: the noise, authorities, and the partiers who have had too much to drink.

That's where this website comes in. SGA suggests: Be Safe, Be Kind, Be Smart.

1. Be Safe- To reduce the number of alcohol related arrests, public intoxication, detoxifications, sexual assaults, noise violations, DWIs, and alcohol related violence.
2. Be Kind- To lessen the impact of student parties on the university community.
3. Be Smart- To increase knowledge of the risks of alcohol intake in a way that appeals to students and refrains from being preachy.

That's why SGA has consulted with the Office of Student Life, Office of Security, Counseling Services and High Point Police Department to create this resource. It's full of information and tips for how to throw and attend a successful, safe and respectful party, even including some non-alcoholic alternatives if the drinking party scene isn't your thing. So click around, pass it along to your friends and keep the tips in mind the next time you're partying!

As another note, remember that drinking underage is illegal. While we realize that some students choose to drink, it is a better choice to choose not to. Choose wisely! Whatever your choice is, we hope that you can use this site as a resource.

Any questions, comments, or concerns can be directed to studentlife@highpoint.edu.

Sincerely,

SGA President

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I'm Worried About a Friend... (page 1)

Someone you know may have an alcohol problem if:

- You can't remember the last time his/her weekend didn't involve drinking.
- You often find yourself having to get this friend home from parties or bars. Sometimes cleaning up their vomit in your car, common living space or bedroom.
- Your friend calls you the next day to find out what he/she did and said the night before.

Is it really something to worry about?

Many people think that dangerous or excessive drinking that they see in college and among their friends is just a phase or not a big deal. The problem is, sometimes that's not true. Do some people grow out of their college drinking "phase"? Sure, but some people don't. Alcoholism can start at any age and negative consequences of risky behavior happen to college students all the time. Trust your gut, if wonder or worry about a friend's alcohol use, say something.

Some signs that might point to a serious problem:

- Plans drinking in advance or drinks alone.
- Drinking is interfering with grades, job, friendships, extra-curricular activities, etc.
- Frequent hangovers
- Pressures others to drink
- Has blackouts and asks about what he or she did the night before or pretends to know and laughs it off
- Inability to limit drinks or to stop drinking once started
- Drinks to the point of getting sick and or passing out
- Takes risks when drunk (fights, drives, has unprotected sex, etc.)
- Gets in trouble with the law
- Lies about things like how much alcohol he or she has had and/or or becomes defensive when you question him or her about it.
- Seems to need more and more alcohol to get the same effect (or brags about tolerance level)

What can you do about it?

Talk about your concerns. Most people with serious alcohol problems don't like to admit it — even to themselves. Your approach is important. Here are some guidelines to help:

Don't talk about it if either of you have been drinking.

Know where resources are available *before* you talk— just in case he/she is ready to seek help.

Be objective. Don't allow emotions to distract you from your goal and don't let it become a negotiation.

Use "I" statements. An intervention doesn't need to feel like confrontation. You're saying something because you care.

Don't judge. Being a good listener means not interjecting your opinions and feelings into a person's conversation. Often, letting someone talk can lead to big realizations.

Don't expect your friend to give up all alcohol in one discussion. It's difficult to predict a reaction. You may not come to a conclusion in one discussion. You have already started the process though with just one discussion!

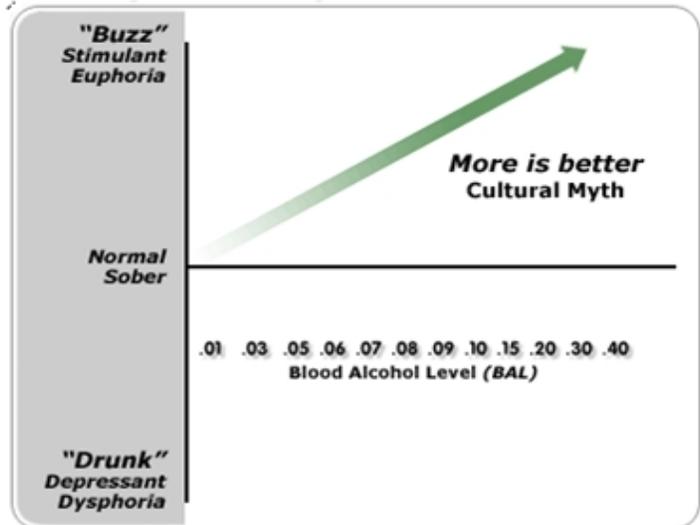
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If your friend is ready to get help offer to go along to appointments or meetings. Don't change the dynamics of your friendship — he or she needs some constants. Be supportive and listen when necessary.

Things to Think About (page 2)

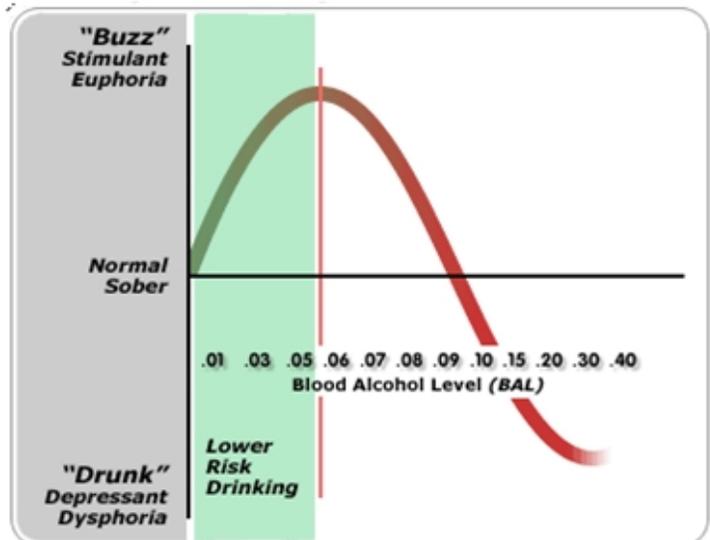
Telling you that alcohol is a depressant wouldn't be news, but has anyone ever showed you this?

The chart to the right illustrates many people's expectations when they're consuming alcohol. The idea that, "I'm having a good time - I'll drink more and have a BETTER time" is often what leads people to drink too much.



The next chart shows what ACTUALLY happens when someone drinks a lot. Note that the best someone's going to feel while consuming alcohol (without a high tolerance) is between a .05 and .06 BAC. Speeding up, doing shots, etc when at this point just speeds up your inevitable crash.

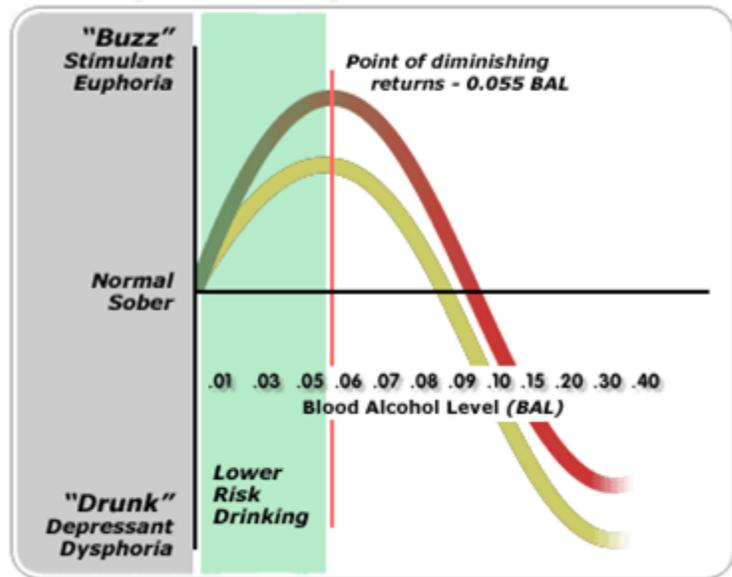
The higher a person's tolerance - the less euphoric they feel when they drink. Those that drink LESS have MORE fun. Sure it might sound backwards, but when you understand tolerance, it makes sense.



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Tolerance

Believe it or not, having a high tolerance for alcohol doesn't mean that your body will process alcohol any faster or more efficiently than anyone else. Tolerance is simply your brain fighting the depressant effects of the alcohol. People with a high tolerance will actually feel less euphoric when they drink than people without a high tolerance.



Illustrations courtesy of [WSU](#).

Standard Drinks

Lots of people think that anything they fit in a container counts as "one drink". Understanding how much one drink is, is really important when trying to keep track of how much you've had. Have you ever had a friend tell you they had two drinks but be completely trashed? There's a good chance that friend thought their Solo cup of wine was one drink when it was actually closer to four.

For more information on standard drinks, please see this [diagram](#).



Illustration courtesy of [Northeastern](#).

If you do decide to drink it's best to follow the 0-1-2 responsible drinking guidelines outlined in the "[Domino Strategy](#)".

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Myth vs. Reality (page 3)

MYTH

Having a few shots before you go out on a cold night will keep you warm!

REALITY

Alcohol does not 'warm' a person up. Actually it lowers body temperature. The blood vessels near the skin are widened by alcohol, which means more body heat is lost making you feel warmer. Caffeine has a similar effect on the body.

MYTH

Coffee, showers, throwing up, food, a high tolerance, etc will sober you up faster.

REALITY

Sorry, time is the only thing that will get that booze out of your system.

MYTH

Red bull and vodka and other energy drink / alcohol combinations are a good way to stay alert and make sure you're fun when you're drinking.

REALITY

Energy drinks may make a person feel as if they drank less alcohol than they actually did. When the energy boost wears off, the crash from the energy drink and the depressant effect of the alcohol combine for a pretty nasty combination.

MYTH

"I can go shot for shot with you even though you've got 50 pounds on me!"

REALITY

Many factors influence the effect that alcohol will have on a person. Body weight is one of them! It's chemistry and biology. Bigger people have more blood so one drink increases their blood alcohol concentration by less.

MYTH

"Just because I'm a girl doesn't mean I can't drink you under the table!"

REALITY

Nope. But don't stress out about it, competitive drinking gets people in trouble. Typically a man and a woman who drink the same amount will have different BAC levels. Men have more water in their bodies that dilutes alcohol.

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Risky Business (page 4)

Students often engage in risky behavior when they drink. These behaviors can be linked to alcohol abuse or dependence. Please take a minute to answer the questions in the self screen below. You will not be asked to report your results.

The CRAFFT Screening Questionnaire

Please answer all questions honestly; your answers will be kept confidential.

Part A

During the PAST 12 MONTHS, did you:

1. Drink any alcohol (more than a few sips)?

2. Smoke any marijuana or hashish?

3. Use anything else to get high?

(*anything else* includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff")

No

Yes

If you answered NO to ALL (A1, A2, A3) answer only B1 below, then STOP.

If you answered YES to ANY (A1, A2, A3), answer B1 to B6 below.

Part B

No

Yes

1. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

3. Do you ever use alcohol or drugs while you are by yourself, or ALONE?

4. Do you ever FORGET things you did while using alcohol or drugs?

5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?

6. Have you ever gotten into TROUBLE while you were using alcohol or drugs?

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Each "Yes" in part B is scored as 1 point. A score totaling 2 or higher indicates a need for additional assessment. Assessment can be provided by the High Point University Office of Counseling Services. This resource can be reached at **336-888-6352**.

If you or someone you know has substance use, abuse, or dependence problem please do not hesitate to contact the High Point University Office of Counseling Services at **336-888-6352**. Please visit the Counseling Services "[Helpful Resources](#)" page for additional links to resources on various topics.

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Stay Out of Trouble (page 5)

Laws & Policies

It's a good idea to read through the NC ABC Laws at this [site](#). It's not exactly pleasure reading, but it's a smart to know what you're being held accountable to. We also recommend reading through the High Point University [Guide to Campus Life](#). Alcohol and drug policy violations are outlined in the Guide to Campus Life.

The short version is that it's illegal to drink under 21, it's illegal to buy alcohol if you're under 21, it's illegal to drive with any alcohol in your system if you're under 21, it's possible to get a DWI if you're driving dangerously even if you blow under .08, it's illegal to use a fake ID to try and buy alcohol, and it's illegal to buy or provide alcohol for people under 21. It's a violation of the High Point University Code of Conduct to engage in any of these activities as well. Of course legal and policy violations are not limited to these actions, and it's best to inform oneself by visiting the links above.

It's important to know that violating policy off campus can and will result in on campus administrative charges.

We want students to be informed so they can make good decisions.

Cases are handled by the Office of Student Conduct on a case by case basis. Possible sanctions for the above policy violations include:

University Probation

Fines

Community Service

Parental Notification

Residence Hall Suspension/Expulsion

University Suspension/Expulsion

Please contact the Office of Student Conduct at 336-841-9231 with any additional questions or for further detail.

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Throwing a Party? (page 6)

Here are some suggestions that will keep you and your guests safe.

Keep control of your guest list. Only invite people you know to your party. Problems usually occur when people you don't know show up for your party. If you want to avoid fights, theft, and other trouble, it's a good idea not to let random people in.

Know the law and University policy. Familiarize yourself with North Carolina alcohol laws and High Point University policy regarding sanctions for alcohol/drug violations. Help keep yourself and your party goers safe and out of trouble!

Do not provide alcohol to minors. Check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol). Providing alcohol to a minor is illegal.

Designate a sober host. Things can get out of control at parties and a sober host is a necessity. Someone has to run the door and watch out for warning signs for trouble, someone trying to steal something, people drinking too much or getting sick, and any other things that can really ruin your night.

Keep strangers from entering your party. Keep parties small. Nothing will get the police there faster than a party with too many people, and large rowdy parties often damage apartments, costing tenants money in the long run!

Provide Options. Limit alcohol and serve non-alcoholic beverages like soda, water, or juice in addition to any alcohol.

Avoid making alcohol the main focus of the party. Entertain guests with music, dancing, food and good conversation.

Keep it down! Even well run parties can get too loud. Typically, we do not encourage throwing parties in residential communities; usually your fellow peer is not going to enjoy the crowds or the loud music.

Respect neighbors, respect your Resident Director and security staff, and know your housing regulations. Angry resident neighbors report noise violations. Additionally, your housing location may have provisions related to parties, kegs, damage, and/or noise complaints. You could end up in trouble with your landlord and potentially be fined or evicted!

Make the safety of your guests your top priority. It's your way or the highway when you're throwing a party. You're assuming liability and risk by allowing people into your home, especially if you provide alcohol for them. It's in your best interest as well as theirs to keep them safe!

Never allow anyone to drive home intoxicated. Ever. Even after a drink or two, people should not be allowed to drive!

Make sure party goers who have reached a dangerous level of intoxication are not just left to "sleep it off". If a person is very intoxicated it's better to call 911 and/or Security (9111) and worry about how the person will feel about it the next day than to not call and lose a friend. Things to watch for are: strange skin tone, vomiting, becoming unresponsive, clammy skin.

Provide Food. Seriously. Food slows down the rate at which alcohol is absorbed into one's body. Besides, if someone is full do you think they're as likely to drink way too much beer and cause trouble at your party?

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Know the Law (page 7)

Underage consumption, purchasing or possession of alcohol

The legal drinking age in North Carolina for consumption of an alcoholic beverage is 21. Purchasing, possessing or consuming alcohol prior to your 21st birthday can be up to a Class 1 misdemeanor. The penalties associated with this offense could include fines and court costs and possible imprisonment. A 20-year-old student, therefore, risks being imprisoned and fined when he/she decides to drink alcohol at a party or elsewhere.

Providing alcohol to an underage person

A person who furnishes alcohol to an underage person is guilty of a first-degree misdemeanor. The penalty associated with this offense could include a fine, court costs, possible imprisonment, and loss of your drivers license for a year. If you're over 21 and do this, you can be fined up to \$2000. A social host, therefore, risks being fined and imprisoned when he/she furnishes alcohol to a person who is not 21 years of age. Keep in mind that the bigger your party is, the more people there that you don't know, the greater the chance of getting caught and/or charged.

Hosting a party

North Carolina has what is called social host liability. That means that when the host of a party provides alcoholic beverages to another person-regardless of the person's age-the host may be found liable for damages if he knew or reasonably should have known that the other person was intoxicated and is driving. So if a person who's been drinking at your party gets in an accident on their way home-you could be found liable for any damages.

Fake ID

In North Carolina, a fake ID is a falsified identification that includes your picture and information with an altered date of birth. Possession or use of such by someone under 21 to gain admission to a bar or nightclub where alcohol is served or to purchase alcohol is a misdemeanor. The possession or use of an actual ID that belongs to someone else, such as an older brother, sister, or friend, is also a misdemeanor. Additionally, you risk being charged with identity theft. In either case, if you're under 21, you risk possible jail time and loss of your license for one year. If you use someone else's ID, you may also be charged with obstruction of justice for lying about your identity.

Operating a Vehicle Under the Influence of Alcohol or Drugs (DWI/DUI)

In North Carolina, a person may not operate a motor vehicle if he/she is impaired by alcohol and/or drugs. The maximum penalty for operating a vehicle while under the influence is 36 months imprisonment (mandatory at least 12 months in jail) or a \$10,000 fine or monitored abstaining from alcohol for 4 months after prison release or substance abuse assessment or any combination of the previously mentioned. Additionally, the operator must forfeit his/her driving privileges for one year.

Open Container

It is illegal to possess in public an open container of an alcoholic beverage on a public street, sidewalk or public places off campus. Conviction of this offense carries a maximum penalty of a \$50 fine plus court costs by the City of High Point. Consumption of alcohol in a motor vehicle is a fourth-degree misdemeanor with maximum penalties of 60 days imprisonment or a \$1,000 fine for the driver; passengers will receive a fine.

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Disruptive Behavior

Intoxicated and disruptive behavior is a minor misdemeanor and carries a maximum penalty of a \$200 fine. Disorderly conduct can be elevated to a Class 3 misdemeanor (for example, if the person persists after a request to desist). Disorderly conduct occurs when one recklessly causes inconvenience, annoyance or alarm to another due to offensive conduct. Disorderly conduct also occurs when one makes unreasonable noise in such a manner as to violate the peace and quiet of the neighborhood or to be detrimental to the life and health of any individual.

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Info for Parents (page 8)

Parents, It's never too late to talk to your kids about drinking and drugs. We hope the information provided to you here will help you take a step to making that connection with your son or daughter.

If you need further help, any of the offices on our Services page will connect you to someone that can address your questions and point you in the right direction. We are here for you too.

Availability of Alcohol + Absence of Parents + Desire to fit in = Potentially risky drinking decisions

The misuse of alcohol by college students remains a problem despite laws, campus policies and college programs. When talking to your son or daughter about choices they make in regards to alcohol, you may want to discuss the differences between high-risk and low-risk drinking and abstaining.

Low risk drinking is:

- Thinking about whether you will drink, what you will drink and how much you will drink before the party
- Being 21 or older
- Eating a meal before drinking
- Abstaining is the safest choice
- Drinking no more than one drink per hour; maximum 1 for women, 2 for men
- Always knowing what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Knowing how you will get home safely before you go out

High risk drinking is:

- Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose or funnel)
- Drinking to get drunk
- Driving after drinking or riding with someone under the influence
- Drinking too much too fast
- Going to parties where people drink too much
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with medications or illegal drugs

According to the 2000 College Alcohol survey (Anderson and Gadaletto), college and university administrators estimate alcohol is involved with:

- 30% of dropouts
- 36% of academic failures
- 60% of violent behaviors
- 64% of unsafe sexual practices
- 70% of acquaintance rapes

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Thanks to The Century Council for this information.

Information collected from City of High Point Police Department, University of Cincinnati, University of Texas at Dallas, University of Vermont and Western Carolina University.