



PARTY LIKE A ROCK STAR

WHO JUST WISED UP ?



UIC PARTY SAFETY GUIDE EDUCATIONAL SERIES

Presented by:

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QUICK AND DIRTY PARTY SAFETY-TIPS

Don't have time to read everything? Then take a moment to read these tips. They'll help you to have a fun and safe party.

Know who is at your party.

Be careful about letting friends of friends of friends into your home. At some point this friend of a friend of a friend is really a stranger.

If you're serving alcohol, make sure everyone at your party is over 21.

Sometimes hosts will try to protect underage drinkers by keeping the alcohol in a separate room. In reality, this plan doesn't work. An underage drinker can easily grab a can of beer from a friend and before you know it you're getting busted for serving him or her alcohol. How do you protect yourself and your guests? Ask for ID before you allow a potential par-tier into your apartment.

Keep the noise down and keep your neighbors happy.

Too much noise usually means that you may find the police knocking on your door.

Get your friends home safely.

If you really care about your friends, make sure that if a group drives in together that one of them is a designated driver. Yeah, this can be a hassle, but so is going to your friend's funeral.

Know who is at your party.

According to Illinois Social Host Law, you can be held financially and legally responsible for serving alcohol to a minor. Do the socially responsible thing by asking for ID's at the door.

Keep an eye on how much people are drinking.

If a friend is at a point where s/he is losing control, it's time to step in and cut them off. Why? When partiers drink too much they don't know what they're doing or what's being done to them, they are out of control. The result? They could be raped, robbed, beaten, tied up, pranked, or dumped. So be a friend and a good host by stepping in and protecting them from potential harm.

Let your friends know that it's okay if they don't want to drink.

Always serve some non-alcoholic alternatives like fruit juice, flavored water, or pop. This is a good idea for two reasons. It gives partiers a non-alcoholic beverage to switch to and it gives non-drinkers a booze-free option! In short, it makes everyone happy!

Downsize.

Instead of using the huge 22 or 16 ounce plastic cups, help your friends stay in control by using the smaller 12 ounce cups.

Have some snacks on hand.

Eating won't keep your guests from getting drunk, but it will slow down how quickly alcohol is absorbed into their system.

Try to avoid playing drinking games.

Why? Partiers get so caught up in the competition they drink much more than they normally would. When that happens, high-risk drinking, alcohol poisoning, and an out of control party is just around the corner.

KEEPIN' YOUR LANDLORD HAPPY

One awesome party could put you in hot water with your landlord or neighbors. When it comes to parties, apartment walls are thin and sometimes neighbors' tempers run short. So avoid the hassle of unhappy neighbors by being a good neighbor and letting them know about your upcoming party.

- If your landlord lives in the building, let him or her know that you're having a party. Your landlord will think you're the smartest kid on the block and appreciate your respect for others.
- Let your immediate neighbors know that you're having a party. This doesn't mean you're inviting them. You're just letting them know to expect a moderate level of noise that night. Giving them a heads up will give them enough time to be prepared and make their own plans for that night.
- Most importantly, let your neighbors know what time your party will end and/or what time you'll be turning the music down. If your neighbors know that you plan on turning your music down at 12:00 a.m., they may be a little more tolerant. More importantly, it may help to keep the cops from knocking on your door.
- Tell your friends where to park their cars out of respect to your neighbors and to avoid parking violations. Sometimes neighbors get irritated when they come home to find all the parking spaces taken up by party goers or that someone has parked across their driveway.
- Ask friends to leave the party quietly. Happy party people can sometimes wake up neighbors while walking through hallways or by hanging outside the building.

DESIGNATED DRIVERS ARE WICKED GOOD

Designated Drivers are literally the life of the party. They help friends get home safe and sound. Designated drivers are life savers.

It's tough to pick a designated driver from your friend group. No one wants to lose out on the fun, so it's up to you to make it fun to be a Designated Driver. Have your friends take turns being designated drivers. *Below are some additional tips.*

Have designated drivers do silly things like:

- Wear a silly hat, bow, or obnoxious tie.
- Be the party photographer and capture all the fun on film
- Drink non-alcoholic beverages from silly cups with cartoon characters or weird shapes
- Wear a name tag that says: "Don't Booze Me Up," or "This Body is a Booze Free Zone."



Have designated drivers do important tasks like:

- Check ID's at the door
- Manage "the bar"
- Stamp guests hands for each drink they order
- Keep an eye on how much guests are drinking
- Encourage guests to switch to a non-alcoholic beverage when they have had 3 or 4 stamps

Reward designated drivers

- Give them special drinks or snacks that aren't available to drinking guests (non-alcoholic, of course!)
- Give them a small thank you gift
- Give them a "shout out" at the party that invites drinking guests to applaud them
- Have all attending guests throw some change in a jar to be split between all the designated drivers

Pop Quiz!

Never touch which of the following keys after drinking?

- Piano keys
- Computer keys
- Car keys
- Key to your heart

You got it! Although we don't want your heart broken, nor do we want you to regret typing an email, we **DEFINITELY do not want you touching your car keys after drinking!** It's best to leave the driving to the DD and wait until you are sober to get behind the wheel again.

PARTY ≠ ER

Comments you *don't* want to hear about your party.

"Why didn't you tell Jen to stop doing shots last night? When we got home, she passed out on the floor. I couldn't get her to wake up. I had to call 911."

Comments you *do* want to hear.

"Hey, I'm sorry I got pissed at you last night, but thanks for cutting me off. Once I start, it's hard for me to stop."

Here are the facts

- Alcohol is a poison.
- If you drink too much, you could die.
- Too much is four drinks or more in one night.
- Limit your drinks to one per hour (but no more than three in one night)

A STANDARD DRINK SIZE IS:



12
ounces of
beer



4 to 5
ounces
of wine



1.5
ounces of
80 proof shot

Remember:

Alcohol is a poison. Too much can kill.

For more information on what alcohol poisoning looks like and what to do, turn the page.

911—ALCOHOL POISONING

Symptoms...

- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breather (10 seconds or more between breaths)
- Mental confusion, stupor, coma, or person cannot be roused
- Hypothermia (low body temperature), bluish skin color, paleness, bluish lips or fingertips, trembling

If untreated...

- Heartbeats irregularly or stops
- Hypothermia - body continues to cool down
- Hypoglycemia (too little blood sugar) leads to seizures
- Victim chokes on his or her own vomit
- Breathing slows, becomes irregular, or stops
- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death

What to do...

- Call 911 (Save a life and make the call)
- Don't let individuals who have passed out remain on their back, roll them onto their side
- Cover with blanket
- If seizures begin, clear area



SEX AND BOOZE

If you're hosting a party or hanging out at one, you need to be aware of a few hidden but very real dangers that exist.

When people drink they become more:

- Confident
- Social
- Sexual
- Assertive
- Aggressive
- Uninhibited

When people drink they:

- Make poor decisions
- Do things that they might not normally do
- Do things that they later regret

Because of these effects, drinking has been linked to sexual assault far too often.

When it comes to sex and booze, Illinois law says....

If someone is under the influence of drugs or alcohol, they cannot give consent to have sex. Why? Because the individual's ability to make a sound decision is "turned off" by the drugs or alcohol. Having sex with someone who is under the influence of drugs or alcohol can end in negative legal consequences.

What does the party smart guy and girl do?

It's simple.

- Have no more than 3 drinks at a party (about one an hour).
- Have fun, but don't lose control.
- If you meet someone you're sexually attracted to, that's great, but wait!
- Put off having sex until you're both sober and the party is over.
- Arrange to meet the next day for coffee or a burger. You might be glad that you did.

IMPORTANT REMINDER: Sex requires mutual consent between two sober adults. If the consent is mutual, make sure to wear a condom to prevent unwanted pregnancy, transmission of HIV/AIDS, and STI's.

THE PARTY LAW

It is what it is, if you have a party and serve or allow a minor to be served alcohol or illegal drugs you can be sued. Have fun at your party, but remember you are responsible for the safety of your friends and guests.

The Law

Public Act 93-0588, House Bill 3528, signed into law on Aug. 25, 2003, creates a new civil recovery law. On Jan. 1, 2004, the "Drug or Alcohol Impaired Minor Responsibility Act" became effective. It is also known as the Illinois Social Host Liability Law.

The basic provisions of the law are:

"Persons over 18 who willfully supply alcohol beverages or illegal drugs to a person under 18 years of age and cause impairment of such person are liable for death or injuries to persons or property caused by that impairment."

"Recovery may be had by persons, and their surviving spouses and next of kin, who are injured (in person or property) by the impaired person and persons under age 18 who are injured in person or property by an impairment that was caused by the unlawful consumption of alcoholic beverages or illegal drugs."

"A right of action exists in a person's own name, jointly and severally, for damages against the person who sells, gives or delivers alcohol beverages or illegal drugs, causing or contributing to the impairment of the person under the age of 18; or willfully permits consumption of alcohol beverages or illegal drugs on non-residential premises owned or controlled by the person."

Damages include economic damages, including, but not limited to:

- The cost of treatment and rehabilitation
- Medical expenses
- Loss of economic or educational potential
- Loss of productivity
- Absenteeism
- Support expenses
- Accidents or injury and any other pecuniary loss proximately caused by the impairment

Non-economic damages, including, but not limited to:

- Physical and emotional pain
- Suffering
- Physical impairment
- Emotional distress
- Mental anguish
- Disfigurement
- Loss of enjoyment
- Loss of companionship
- Services
- Consortium and other "non-pecuniary losses proximately caused"

HOW TO STAY ON THE RIGHT SIDE OF THE LAW

Instead of waking up with a hangover, you could wake up with a DUI. Have fun at your party and keep you and your guests on the *right side of the law*. These strategies aren't guaranteed, but they are a good start.

- **Know who's coming to your party.** Invite specific friends. Don't open up your party to whoever shows up. You could end up with unwanted house guests, breaking the law and/or serving minors.
- Be on the right side of the law and socially responsible by **asking all of your guests for ID** before they enter your party. See page 7 and read about the Party Law.
- Ask a **reliable friend to pour drinks and monitor guests' drinking**. This is safer than having the Big Party Bowl of Booze where guests may end up doing high-risk drinking without even realizing it
- With every drink, a friend should get their hand stamped to help them and you **keep track** of how much they've had. In total, it should be no more than three drinks in one night.
- Set up an **"alcohol free" bar** with juices, flavored waters and punch or "mocktails" as an alternative to alcoholic beverages.
- Make sure that friends who drive to the party and drink at the party have a **designated driver**.
- Ask friends to **turn in their car keys** at the door when they arrive. (Put keys in a safe place).
- **Serve food** to keep your friends from drinking on an empty stomach.
- **Stop serving alcohol 90 minutes before the party ends.** This gives your friends time to start sobering up. By the way, coffee, fresh air, or cold showers do not sober you up, only time does.
- **Insist** that friends who are drunk stay over are driven home by a sober friend, or take a cab home.
- **Hint:** Keep the numbers of local cab companies on your refrigerator, by the phone, or on speed dial.



TONS OF FLAVOR – ZERO HANGOVER

Non-alcoholic drinks don't have to be boring.

Have some fun with them. Find a recipe on the net that you like or make up your own. As long as it's not alcoholic, you can throw in anything that you want. Try mixing exotic fruit juices, creating bizarre drink colors, or creating low calorie high flavor drinks. Why low calorie? Because the average mixed drink has 300 to 500 calories. Finally, your creation needs to be given a hip name so choose wisely . Sometimes people love a drink because they like saying it as much as they like drinking it.

Green Party Punch

1 (12 oz.) can limeade frozen concentrate
1/2 gallon lime sherbet
2 (28 oz.) bottles 7-Up
2 (28 oz.) bottles lemon-lime drink, Squirt or Fresca
Combine all of the above.

For more recipes go to, <http://www.recipes-from-friends.com/drinks/>

Free Woody

2 ounces cocoa creme
3 ounces orange juice
1 scoop vanilla ice cream
Strawberries
Whipped cream
1. Mix cocoa creme, orange juice and ice cream in a blender with ice.
2. Pour over strawberries in glass.
3. Stir with a straw to create a festive design.
4. Top with fresh whipped cream and a strawberry

*For more recipes go to, Mothers Against Drunk Drivers (MADD)
www.maddorangecounty.org/drinks.htm*

Mock Mai Tai

1/2 cup pineapple juice
1/4 cup orange juice
1/4 cup club soda
1 tbsp. cream of coconut
1 tbsp. grenadine syrup
In shaker or tall glass, combine ingredients; shake or stir to blend. Add crushed ice.

*For more recipes go to, SAMSHA Health Information Network
<http://ncadi.samhsa.gov/seasonal/healthyholiday/host.aspx>*

TAKE IT TO THE STREETS

The best parties don't always have to be at your apartment. Take your party on the road to some of Chicago's fun spots. Most of the coolest spots are in and around the downtown area and are easily accessible by train.

Adler Planetarium

The Adler is home to more than 35,000 square feet of exhibits. From scale models of the Solar System to ancient astronomical instruments, to interactive adventures, Adler's exhibit galleries provide a passageway for you to explore the universe.

Hancock Observatory

The Hancock Observatory is located on the 94th floor of the John Hancock Building 1,000 feet above the Magnificent Mile. It is the city's only open-air skywalk.

Jane Addams Hull House Museum

Located right outside of UIC's Student Center East, this museum is the former famous Hull house created by Jane Addams, one of Chicago's leading women.

UIC Bowling and Recreation Center

This newly designed state-of-the-art facility includes bowling, pool tables, air hockey, and a variety of arcade and video.

Museum of Broadcast Communication

The only museum dedicated to broadcast history in the nation and home to America's only National Radio Hall of Fame, the 62,000-square-foot MBC, will be located at State and Kinzie Streets.

Museum of Contemporary Art

One of the nation's largest facilities devoted to the art of our time, the Museum of Contemporary Art offers exhibitions of the most thought-provoking art created since 1945.

Museum of Contemporary Photography

The Museum of Contemporary Photography (MoCP) is the only museum in the Midwest with an exclusive commitment to the medium of photography

Museum of Science and Industry

It features over 800 exhibits and over 2,000 interactive units located in over 350,000 square feet of exhibit space and attracts approximately 2 million visitors per year. Just a few of the many interesting items you'll see include: a WWII captured German submarine; a 3,000-square-foot model railroad; nearly 20-foot walk-through human heart model; the Apollo 8 Spacecraft; and baby-chick hatchery.

Navy Pier

You can find numerous attractions at the park, including a Ferris Wheel, carousel, miniature golf, a cliff climb, Chicago Children's Museum, Navy Pier IMAX Theatre, as well as shopping and dining venues.

Willis Tower and Sky Deck (formerly Sears Tower)

The Sears Tower is the tallest building in North America, standing 110 stories high at over 1,400 feet. The Skydeck is located on the 103rd floor standing at 1,353 feet.

FIND EVEN MORE STUFF TO DO AT: CHICAGO TRAVELER WEBSITE: WWW.CHICAGOTRAVELER.COM