

“I Matter’s” Tips for Partying Smart during CIAA!

1. Stick with your friends.
2. Make a plan before you go out: Download “Circle of 6” app, set up checkpoints or code words to make it easy for you and your friends to stay connected.
3. Hold on to your drink—even when you go to the bathroom.
4. If your drink is out of your sight, even for a few seconds, get a new one. Spiking a drink with a date rape drug can happen quickly.
5. Don’t accept a drink from anyone—unless you can watch the bartender pour it.
6. Don’t share drinks.
7. Don’t drink from punch bowls or open containers.
8. Don’t drink anything that tastes strange.
9. Avoid clubs or parties that charge men but let women enter and drink for free.
10. Always keep your cell phone charged and on you. You never know when you’ll need it.
11. Make sure you always have a ride home or a plan to walk home with a friend or roommate.
12. Trust your instincts. If something doesn’t feel right to you, leave and get to a safe place immediately.

Tips for Dating Smart

1. Know your limits—and let your date know them right from the start.
2. Be clear about what’s okay for you. Don’t expect your date to read your mind.
3. Trust your gut. If you feel uncomfortable, leave.
4. Don’t get in over your head. If someone pushes you to do something you don’t want to do, you have the right to leave.
5. Stay in control. Alcohol is the most common date-rape drug. In fact, alcohol is involved in 75 percent of all sexual assaults reported.
6. Tell a friend where you are going, especially if you’re going out on a first date or a blind date.

7. Avoid secluded places until you know your date better.
8. Always charge your cell phone and keep it on you.
9. Always carry enough money to take a taxi home.
10. Pay attention to what you hear. A person may have a bad reputation for a reason.

Please note: it is illegal for those under 21 years of age to consume alcohol in the state of North Carolina.

http://well.wvu.edu/articles/tips_for_preventing_sexual_assault

If you find yourself needing assistance for dating violence, sexual assault, or stalking at any time during CIAA contact:

*Campus Police #704-378-1003/1004

*CMPD #911

*Safe Alliance Rape Crisis Hotline #704-375-990

*Safe Alliance Domestic Violence Hotline #704-332-2513

*Presbyterian Hospital Project Safe #704-614-7212

*CMC Domestic Violence Healthcare Project (DVHP) #704-446-3999

You can contact the office of “I Matter” Monday morning at (704)378-3550/1040 or Smith Hall (in the basement)