



# HOW TO HELP A FRIEND PARTY SAFELY

## WHY THINK ABOUT SAFETY DURING A PARTY?

At least 50% of sexual assaults involve alcohol or drugs. 90% of rape survivors were assaulted by someone they knew. If your friends are avid partiers, then you may know that partying, drinking, and/or using drugs can be risky. Besides the dangers of alcohol poisoning and driving under the influence, alcohol and drugs can increase a person's risk of being sexually assaulted. Here are some tips on how to help a friend enjoy parties while staying safe.

## HOW CAN I HELP?

### BEFORE THE PARTY:

- Work with your friend to plan what you can say or do in an uncomfortable or even threatening situation.
- Use the buddy system: Go to the party with friends and leave together.
- Take turns being the designated driver and always designate a friend who will stay sober to look out for others.
- Encourage your friend to decide on sexual consent beforehand and help them brainstorm how to communicate it to others. Offer to help practice too.
- Establish a signal or code word to ask each other for help getting out of an awkward situation.
- Work with your friend to be aware of personal safety: learn about risks and safety strategies and take a self-defense class on campus

### THINK BEFORE YOU DRINK:

- Be aware of how alcohol and drugs affect your friend. Are they tired? Hungry? Is it late? Taking prescriptions? These factors significantly increase the effect of ONE drink.
- Remind your friend to keep track of their drink and who has handled it.
- Watch the bartender prepare drinks for you and your friends.

- Hold your friend's drink for them while they're in the bathroom, and remind them not to leave their drink unattended.
- Avoid punch and other open drinks.

### COMMUNICATE:

- Encourage your friend to set limits with alcohol and stick to them.
- If your friend is considering sexual activity, advise them to carry safe sex supplies, such as condoms and dental dams.
- Remind them to communicate their sexual boundaries clearly to their partner(s) using those strategies you rehearsed together.

### DURING THE PARTY:

- Trust your instincts.
- Look out for your friend, and step in if they look uncomfortable, even if you're unsure.
- Don't be afraid to interrupt or make a scene.
- Be aware of the environment and potential dangers, such as someone trying to get them alone or someone handling their drink.

**CONTINUED ON BACK...**

#### AFTER THE PARTY:

- Leave together with your designated driver.
- Talk about the party: Are there parts that that your friend doesn't remember?
- Encourage them to take an honest look at their drinking behavior and to learn healthy behaviors and attitudes.

#### BE AWARE OF THE EFFECTS

##### OF DATE RAPE DRUGS:

- If your friend begins to feel disoriented or more intoxicated than her alcohol intake allows for, leave immediately for somewhere safe.
- If your friend becomes unconscious or has trouble breathing, **get medical attention immediately.** Do not let them "sleep it off."

## RESOURCES

- **Counseling and Psychological Services (CAPS)**, 752-0871 | [caps.ucdavis.edu](http://caps.ucdavis.edu)
- **Student Health Services** 752-2300 | [healthcenter.ucdavis.edu](http://healthcenter.ucdavis.edu)
- **The House Peer Counseling** 752-2790 | [thehouse.ucdavis.edu](http://thehouse.ucdavis.edu)
- **Health Education & Promotion Program** 752-9652 | [healthcenter.ucdavis.edu/hep/](http://healthcenter.ucdavis.edu/hep/)
- **Cross Cultural Center** 752-4287 | [ccc.ucdavis.edu](http://ccc.ucdavis.edu)
- **Lesbian Gay Bisexual Transgender Center** 752-2452 | [lgbtcenter.ucdavis.edu](http://lgbtcenter.ucdavis.edu)
- **Women's Resources and Research Center** 752-3372 | [wrrc.ucdavis.edu](http://wrrc.ucdavis.edu)
- **Campus Violence Prevention Program** 752-3299 | [cvpp.ucdavis.edu](http://cvpp.ucdavis.edu)
- For residence halls, you can contact your RA or RD

## BOOKS from the WOMEN'S RESOURCES AND RESEARCH CENTER LIBRARY

*Alcohol And Women: Creating A Safer Lifestyle (Gilson) 2000*

*Dating Violence: Young Women In Danger (Levy) 1991*

*Learning Limits: College Women, Drugs, and Relationships (Williams) 1998*

*May I Kiss You: A Candid Look at Dating, Communication, Respect & Sexual Assault*

*Awareness (Domitrz) 2003*

*Nice Girls Don't Drink: Stories of Recovery (Hafner) 1992*

If you'd like to read more about partying safely, visit the WRRC Library, where these books, and others, are available. You can also browse the library catalog online at <http://wrrclibrary.ucdavis.edu>



Women's Resources & Research Center  
North Hall, One Shields Ave. Davis, CA 95616  
530.752.3372 | <http://wrrc.ucdavis.edu>