



TRITONS PARTY SAFER BE IN THE KNOW BEFORE YOU GO

When to Call for Help

You know when something's not right. **Trust your gut**, and **call 911** if you see any of the following signs. Immediate action could make the difference.

- Dramatically different behavior than normal
- Can't walk on their own, or hold self up
- Not responsive, can't be woken up
- Vomiting while non-responsive
- Irregular breathing – very fast, or very slow
- Skin tone/lips have bluish color

Keep It Classy, Tritons

Plan ahead for a safe & fun time out, without the regrettable moments!

- EAT before, during, and after drinking
- Alternate drinks with water or soda
- Use a sober DD or other safe ride home
- Choose beer or cider instead of shots
- Avoid drinking games
- Don't take (or give) unwanted peer pressure

Be A Responsible Bystander

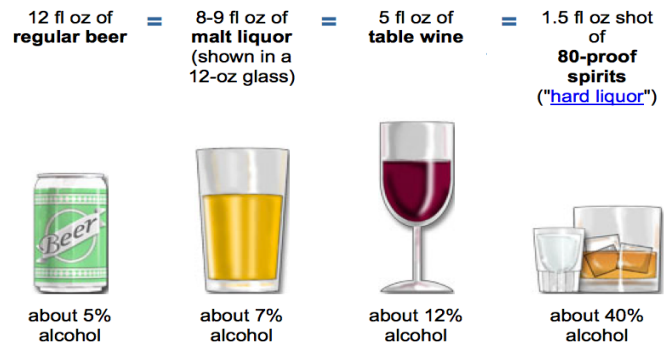
Use **I.D.E.A.S.** to safely intervene in problem situations

- I**nterrupt
- D**istract
- E**ngage Peers
- A**uthority
- S**afety



Not All Drinks Are Created Equal

Know what you're drinking, pace your drinks, and set your limit ahead of time.

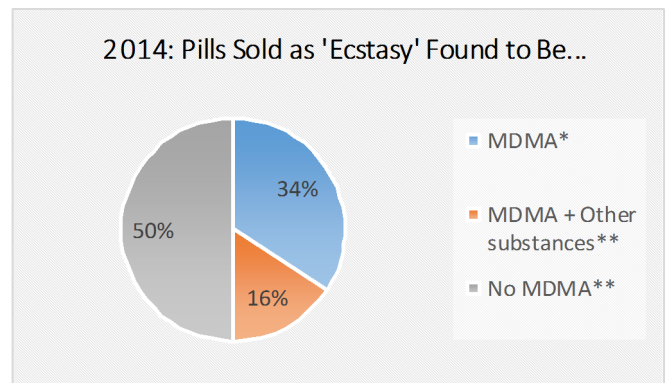


Blood Alcohol Content (BAC) is affected by:

- Amount of food consumed
- Period of time that alcohol is consumed
- &** Other factors: medicine, age, height, weight, etc.

The Reality of "Pure" Drugs

Synthetic drugs, such as Molly, are often mixed with other, more dangerous substances, such as bath salts and methamphetamine.



*Level of potency varies between MDMA only drugs, and can be deadly.

**These substances were often found to be bath salts and methamphetamine.

If you choose to do drugs, test them before taking them. Testing does not ensure safety, but may help identify potential unknown substances. Test at own risk. Visit dancesafe.org to learn more about testing kits.

I AM A TRITON. There is something within me that can **CONQUER** anything. Nothing is impossible because **I'M POSSIBLE.** I am **BRAVER** than I believe. I am **STRONGER** than I seem. I am **SMARTER** than I think. I am **FIERCE.** I am **DETERMINED.** I will never give up but only **LOOK UP.** I will **TAKE CARE** of myself and those I care about. I will **STAND UP** for those in need of **HELP.** I will be a **ROLE MODEL** for **GOOD** and **INSPIRE CHANGE.** I have **INFLUENCE.** **I AM A TRITON.**