Safe Party Tips
While college students are often imagined as being heavy drinkers and partiers, surveys done of MSU students demonstrate that the reality does not reflect such a myth. Many MSU students choose not to drink alcohol, and the decision not to drink should be respected. Some of us enjoy drinking, which can be beneficial or harmful depending on decisions we make before, during, and after consumption of alcohol. For those of legal drinking age who choose to drink alcohol, doing so responsibly can mean enjoying certain health benefits or a social situation, while not having a plan for responsible alcohol consumption could be harmful to self or others. For anyone who drinks or attends a party where alcohol may be served, these tips are meant to help you have a safe enjoyable time.

Responsible Drinking
• Please note: it is illegal for those under 21 years of age to consume alcohol in the state of Mississippi.

• Plan whether you will drink or avoid alcohol before going out. If you drink, set a limit on how much you will have before going out, and don’t exceed this amount.

• Before going out, identify a designated driver who will not drink, or store phone numbers for alternate transportation (cabs, shuttle services, other friends). Try taking turns serving as the designated driver for future events.

Starkville cab companies: Shuttle Service:

• Space your drinks to no more than one drink per hour by sipping your drink slowly and/or making every other drink a nonalcoholic one—preferably water or a non-carbonated beverage. One drink is defined as one 12oz beer, one 4oz glass of wine, one 10oz wine cooler, one 8oz malt liquor, or one 1oz shot of 80 proof hard alcohol.

• Have food anytime you drink alcohol.

• Many prescription and over-the-counter (like antihistamines) medications are not compatible with alcohol. Use extreme caution if you are on any medication and wish to drink.

Self Protection
• Never leave your drink (whether alcoholic or not) unattended. Don’t accept drinks from anyone other than the on-duty bartender or wait staff. Drugs that could potentially be mixed in with drinks may dissolve quickly and may not have any distinct look, taste, or smell; so, don’t turn your back on your beverage! Alcohol remains the #1 date rape drug. Other predatory drugs (roofies and GHB) can make you feel drunk within 20-30 minutes, and can cause dizziness, unconsciousness, and amnesia for three to eight hours later.

• Go to and leave a party with your friends. Never leave with someone you just met; you can always plan to meet again when you’re both sober.

• If you or a friend feel extremely drunk after drinking a small amount (of anything), you may have been drugged; get help immediately! Find a sober friend to drive you and leave immediately.

• If you go into a room and another person locks the door—leave immediately!

Care for the Intoxicated
• If someone passes out, roll him/her onto their side with their knees bent to prevent choking in case they vomit, and monitor their breathing to be sure it is normal. Do not leave the person alone!

• If a person’s breathing is irregular (more than 8 seconds between breaths or 13 or fewer breaths per minute), or they are unresponsive or unable to be awakened, roll him/her onto their side with knees bent and call 9-1-1. If the person is not breathing, immediately after dialing 9-1-1, roll the person on their back and begin C.P.R.