

ILLINOIS RESOURCES

Text "HELP" to 833234
or Call 1-833-234-6343

For more sexual assault related
resources and crisis centers near
you visit ICASA.org.



NATIONAL RESOURCES



Call, Text, Chat the national Suicide and
Crisis Lifeline at 988

SAMHSA.gov or 1-800-662-HELP for
treatment referral and information services

Visit Alcoholics Anonymous at aa.org to find
in-person resources for support and
recovery.

National Sexual Assault Telephone Hotline
1-800-656-HOPE

Visit RAINN.org for more resources

StopHazing.org has helpful resources and
information regarding hazing.

PlannedParenthood.org has in-depth
information to learn more about being
sexually active and consent.



Illinois Liquor Control Commission

OFF TO COLLEGE?

+ Reminders on Alcohol Awareness and Safety +



Illinois Liquor Control Commission

To learn more, visit us online
at www.ilcc.illinois.gov

DRINKING AND DRIVING



Never drive while intoxicated. Even one drink can worsen your vision and motor skills which can lead to accidents, injuries, arrests, and fatalities. Scooters and bikes are similarly as dangerous. Instead, utilize a designated sober driver, rideshare, taxi, or public transportation option.

KNOW YOUR LIMITS

- Set Your Own Limit and Pace: Count your drinks and limit yourself to good pace at 1 drink per hour.
- A good rule of thumb is any 1 drink = 1 shot.
- Listen to Your Friends: If someone who cares about you suggests you slow down or stop, they are probably right.
- Drink Water: Alcohol is dehydrating.
- Be Aware of Drinking Games and Shots: Games and shots make it harder to count your drinks and encourages more drinks, increasing your safety risk.
- Don't Mix Alcohol With...
 - Medications: It decreases effectiveness and causes side effects
 - Other
 - Alcohol: It can make it harder to keep track of your consumption.

ALCOHOL AND CONSENT

Together, alcohol and consent are complex, understanding it is crucial for your safety.

True or False: Answers are at the bottom of the page!

- You can't consent under the influence. T or F
- If you are both drunk, both of you can still consent. T or F
- If they say yes once or earlier that day, that counts in the future, even if they become intoxicated. T or F
- If you are asleep or unconscious, you cannot give consent. T or F

Tips:

- Follow the FRIES guideline for giving consent:
 - Freely Given
 - Reversible
 - Informed
 - Enthusiastic
 - Specific
- If something does not seem right or normal, it probably isn't.
- Always prioritize safety and respecting yourself and your partner.



KEEP YOUR DRINK SAFE

Don't leave your drink unattended



Trust your instincts. If something feels wrong, speak up.



Don't accept drinks from strangers.



When?
Frequent and excessive drinking can cause addiction and physical harms. Drinking in college is not unusual, but the reasons and ways in one drinks must be carefully evaluated.

Why?
Avoid relying on alcohol to have fun or cope with stressful situations like finals. Individuality and doing what is right for you is an important part of college.

How?
Mixed drinks, such as "BORGs" or "Jungle Juice," are a big aspect of drinking culture in college. Be weary, mixed beverages make it more difficult to count how many drinks you've had.

WHEN? WHY? HOW?



HOW DO I CONTACT EMERGENCY SERVICES?

After a night of partying, you may see someone under the influence who may need help. What can you do?

A college environment often includes a high exposure to alcohol. As a result, many students may find themselves scared to call for help during an emergency because they fear getting in trouble for being intoxicated. However, there are ways to help these students without finding yourself in legal trouble.



WHAT IS THE CRITERIA?

Law enforcement will not place a minor into custody or charge a minor with the underage consumption of alcohol if they determine:

1. The individual or a group of individuals up to three requested emergency medical assistance is in need due to alcohol consumption.
2. The individual(s) provided their full name and any relevant information to the officers.
 - a. Relevant information may include, but is not limited to, who is the individual in need of medical attention, how old they are, what they drank, and how much they drank.
3. The individual remained on the scene until emergency services arrived.
4. The Individuals cooperated with emergency medical services or law enforcement at the scene.

