

Fall Festivities



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UVA has many opportunities for partaking in fall festivities. If celebrating with alcohol or other substances, staying informed can help keep you and your friends safe.

Plan Ahead

Sometimes celebrations bring changes to usual routines. Planning ahead of time for a special occasion can keep everyone safe and make it even sweeter.

- Stick with the same group of people, and never leave a friend alone with strangers
- Be aware of your surroundings, especially if in costume
- Plan a safe way home

If drinking ...

- Eat a protein heavy meal before drinking alcohol 
- Set a drink limit and stick to it
- Pace and space using water or caffeine-free drinks to have one or less alcoholic drinks per hour 
- Pour your own drink and avoid punches 

Late-night UTS buses

Run every 15-20 minutes 12:30 am - 2:30 am Thurs. - Sat.

Safe Ride

Transports students home for free after bus service ends.

Call (434) 242-1122

Charge-a-Ride

Provides local taxi service for students with no ride and no money on hand. Charge the ride to your student account to pay later. No questions asked.

Call (434) 295-4131




Upcoming Fall Events

OCT 25/26 **Brown College's Hauntings on the Hill**
Get spooked on October 25th and 26th from 7 pm- 12 am for \$5!

OCT 31 **Trick or Treating on the Lawn**
Enjoy Halloween with the UVA and Charlottesville community on October 31st from 4 pm - 6 pm

NOV 23 **4th Year 5k**
Celebrate the last home football game with friends from all years by taking part in this UVA tradition! All are welcome!
virginia.edu/4y5k

 **UPC Movie Nights**
Check out UPC's events on Facebook to stay updated on upcoming screenings



If choosing to wear a Halloween costume, choose one that won't obscure your vision or mobility. Choosing a costume that is respectful of people's diverse backgrounds and lifestyles strengthens our UVA community.

HOO KNEW?

95% of UVA students who drink want to be told by their friends if they've had too much alcohol. *

Hoos Supporting Hoos

Hoos in Recovery is a supportive, confidential community of Hoos in recovery or considering recovery from substance misuse.
virginia.edu/hoosinrecovery

WahooWell is a positive, free, and confidential resource to help all students explore their strengths and goals related to wellbeing.
studenthealth.virginia.edu/wahoowell

Support Groups at CAPS can be useful for students making changes to their use of alcohol or other substances.

Making Changes

All drugs can have physical and mental effects. Usage of drugs can lead to addictions and dependencies that may be difficult to change, but **being mindful of your consumption** of substances can help you protect your values and goals.

Questions that help reflect on use:

- Do I use this substance as my primary way to relieve stress?
- Does this use interfere with my responsibilities, values, finances, or health?
- Have I been able to cut back my use of this substance successfully?
- Have I noticed changes in my mind or body since I began using this substance regularly?
- Have I continued to use this substance despite negative outcomes?

Considering, beginning, and maintaining changes to substance use can be challenging, but there are many resources available at UVA to get help. We all play a role in ensuring that UVA is a non-judgmental and supportive environment for those trying to change their substance use or recovery.

4/5 of UVA students do NOT Juul or vape. *

HOO KNEW?



Want this poster for your room? Feel free to take me home November 18 - 22!

Talk to us at StallSeatJournal@virginia.edu! Follow us on Instagram @StallSeatJournal_UVA!

* From the February 2019 Health Survey with responses from 808 UVA students