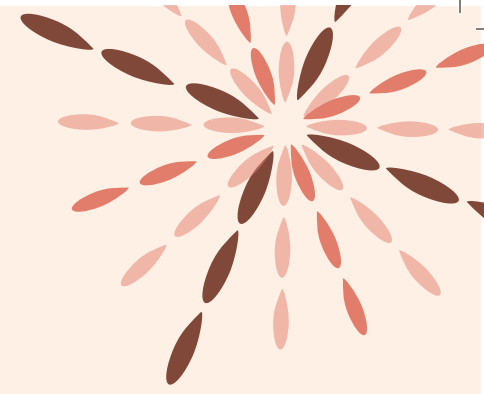


# SOCIALIZE + CELEBRATE SAFELY

Volume 19 // Issue 5

UVA has many opportunities for socialization and celebration in the fall. If socializing or celebrating with alcohol or other substances, being informed can help you and your friends stay safe.



## PLANNING AHEAD

Sometimes celebrations bring changes to someone's usual routine. Different circumstances can include a different place, different group of people, different activities, or different expectations. Making a plan ahead of time for a special occasion can help you and your friends stay safe.

- Stay with the **same group of people** you trust the entire time.
- Be aware of surroundings**, especially if in costume.
- Never leave a friend alone** with strangers.
- Plan a **safe way home**.

## IF DRINKING ...

some safer strategies can help limit the risk of negative outcomes.

- Pour your own drink**, and avoid punches.
- Set a **drink limit**, and stick to it.
- Pace** to one or less drinks per hour, and **alternate** with water.

Look out for signs of alcohol poisoning by remembering **PUBS**: **P**uking while passed out, **U**nresponsive, shallow **B**reathing, and cold or clammy **S**kin. Call 911 immediately if any of these signs are present.

**HOO KNEW?** 88% of UVA students do NOT vape or juul.  
From the February 2018 NCHA Survey with responses from 603 UVA students

## Sustainable Stress Relief Strategies


People use a variety of **strategies to relieve stress**. Sometimes people look for relief by using substances like alcohol, juuls, or other drugs. Although these may temporarily relieve some stress, they do nothing to address the root causes and can increase worry or tension because of interference with responsibilities. Finding and practicing sustainable stress relief strategies will be **effective both now and in the future**.

Want ideas for finding **stress relief** that works for you? Check out *Issue 6* in the next stall!

### MAKING CHANGES

All drugs can have physical and mental effects. Because of the flavors, many people don't realize that vaping contains nicotine, an addictive substance that can be very difficult to quit. Marijuana, although less addictive than nicotine, can still lead to dependency. **Be mindful and honest with yourself about substance use in order to align with your values and goals.** You may want to consider:

- Do I use this substance as my primary way to relieve stress?
- 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?



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

**HOO KNEW?**  
Most UVA students who drink **limit alcohol in a new environment**.  
From the February 2017 Health Survey with responses from 1,010 UVA students

### ENJOY FALL EVENTS

Get spooked at **Brown College's Hauntings on the Hill**. The event will be held from 7PM to midnight on both nights, with a less scary "family hour" from 7PM to 8PM. Tickets are \$5 for one and \$9 for two.

**OCT 26|27**

Join the University Programs Council at the Amphitheater for a **special screening of Halloweentown**. Sweethaus cupcakes and hot chocolate will be served at 7:30PM, and the movie will begin at 8PM.

**OCT 27**

Enjoy **Trick or Treating on the Lawn** with the UVA and Charlottesville community on October 31 from 5PM to 7PM.

**OCT 31**

**4th Year 5k**: Celebrate the last home football game on November 10 with friends from all class years. The event will begin at 8AM on the South Lawn.

**NOV 10**

### SUPPORT WITH SUBSTANCE USE

Considering, initiating, and maintaining changes to substance use can be challenging, but there are many resources available at UVA to get help. Everyone plays a role in ensuring that **UVA is a non-judgmental and supportive environment for people trying to change their substance use or seeking recovery**.

**BASICS program**: FREE and confidential resource for students concerned about their substance use.

**Support groups at CAPS**: For students making changes around their use of alcohol or other substances.

**Hoos in Recovery** is a supportive, confidential community of UVA people in recovery or considering recovery.  
virginia.edu/hoosinrecovery

Designed by Elizabeth Lee // Class of 2021  
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Want this poster for your room? Feel free to take me home **Nov. 12-16!**

Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)