

## HALLOWEEN TRADITIONS AND NEW FAVORITES APLenty!

Play with furry friends at **PUPPIES AND PUMPKINS** on OCT. 3 - 5 PM, AMPHITHEATER.

Get spooked at **BROWN COLLEGE'S HAUNTINGS ON THE HILL**: Stabbin' in the Woods, OCT. 21 • 22, 7 PM - MIDNIGHT. (\$5 admission supports charity).

Hunt for ghosts and more at **HALLOWEEN BASH** on OCT. 28, 10 PM - 2 AM, NEWCOMB PAC.

Watch **10 CLOVERFIELD LANE** on OCT. 29, 7 PM, AMPHITHEATER.

Chow down on **LATE-NIGHT BREAKFAST WITH UPC** on the Corner on OCT. 29, 10 PM - 2 AM.

See cute kids in costumes at **TRICK OR TREATING ON THE LAWN** on OCT. 31, 4 - 6 PM.

Navigate **VIRGINIA'S LARGEST CORN MAZE** at Liberty Mills Farm, **OPEN FOR TWO MONTHS** and starting at \$10.

## BE SAFE AT HALLOWEEN

People celebrate special occasions in many ways. If choosing to celebrate with alcohol, limiting drinking to usual amounts and using protective behaviors can help reduce risk.

### REDUCE RISK IF CHOOSING TO DRINK

- 1 Be part of a dynamic duo: **STAY WITH A BUDDY** and never leave a friend.
- 2 Stay savvy: **BE AWARE OF SURROUNDINGS**, and avoid costumes that limit vision or movement.
- 3 Don't hide your secret identity: **CARRY A PHOTO ID**.
- 4 Fuel your superpowers: **EAT BEFORE** and while drinking.
- 5 Know your potion: **POUR YOUR OWN DRINK**, keep your eye on it, and **AVOID PUNCHES**.
- 6 Don't let that extra drink be your kryptonite: **STICK TO A DRINK LIMIT** and **PACE YOUR DRINKS** to one or fewer per hour and **ALTERNATE ALCOHOLIC** with non-alcoholic drinks.
- 7 Rely on your trusty sidekick: **ASK A FRIEND** to let you know when you've had enough.
- 8 **MAKE A GETAWAY PLAN**: Use a designated driver to get home safely.
- 9 Be a Halloween superhero: **STAY AND MONITOR A FRIEND** who is intoxicated or passed out.
- 10 Know the limits of your own powers: **CALL 911 IF THEY SHOW SIGNS OF ALCOHOL POISONING (REMEMBER PUBS)**.

Using more than one protective behavior helps reduce risk.

### DRESSING UP?

Consider checking to ensure your costume is in line with your personal values.

## UNDERSTANDING TOLERANCE

ALCOHOL TOLERANCE IS BASED LARGELY ON ENVIRONMENTAL CUES (same drinks, same place, same friends) that cause the body to prepare in anticipation of processing alcohol.



TYPICAL DRINKING



SAME DRINK



SAME PLACE



SAME FRIENDS



GOOD TIMES

WHEN DRINKING WITHOUT THE USUAL ENVIRONMENTAL CUES, TOLERANCE IS LOWER because the body won't automatically begin to counter alcohol's effects. Even if drinking a usual amount in a different situation (unfamiliar drinks, new places, different group, costumes), a person can be more impaired than anticipated. In this case, there is increased risk of negative outcomes, like injury or legal trouble.



CELEBRATORY DRINKING



NEW DRINK



NEW PLACE



NEW FRIENDS



UNKNOWN

Drinking more slowly or drinking less in new situations (holidays, sports events, traveling) can help counter the increased risk of negative consequences.

Always avoid mixing alcohol with other drugs. Prescription, illicit, and even over-the-counter drugs can increase alcohol's effects.

# HOO

## KNEW ?

94.2% of UVA students who drink make their own drink or watch their drink being made.\*

# HOO

## KNEW ?

95.0% of UVA students who drink eat before and/or while drinking.\*

From the Spring 2015 Health Survey with responses from 931 UVA students

### HOOS GOT ADVICE

By the way, don't let housing stress creep in! There is still plenty of time to make plans, and nearly half of second years\*\* continue to live on Grounds.

"Keep your priorities in mind: location, price, roommates. Be aware of deadlines, but don't feel rushed to make decisions"

H.S., CLAS 2019

\*\*Data from UVA Housing & Residence Life

CELEBRATE THE LAST HOME FOOTBALL GAME

### Fourth Year 5K

SATURDAY, NOVEMBER 12.

# HOOS

celebrate

# SAFELY

WANT THIS POSTER FOR YOUR ROOM? FEEL FREE TO TAKE ME HOME NOV. 7-11.

OFFICE OF HEALTH PROMOTION  
DEPARTMENT OF STUDENT HEALTH  
UNIVERSITY OF VIRGINIA

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