SUBSTANCE SAFETY

Health and safety are a priority at UVA, which means taking care of ourselves and the people around us. If choosing to use substances, practice these safer strategies:

- Stay with friends and don’t leave anyone behind. If you get separated, call a friend or a cab to make your way home safely.
- Be mindful of the way that substances can lower inhibitions and affect decision-making.
- Tell a friend where you’re going and plan a safe way home.
- Eat before and while drinking.
- Pace and space with water.
- Keep your phone charged.
- Leave if you don’t feel comfortable in the environment.
- Watch your drink as it’s made and keep an eye on it.

What is a Standard Drink?

- 12 oz Beer: 5% Alcohol
- 5 oz Wine: 12% Alcohol
- 1.5 oz Liquor: 40% Alcohol
- 16 oz cup

Signs of Alcohol Overdose

- U: Unconscious
- B: Breathing
- P: Pulse
- S: See even if eyes are closed
- S: Speak
- E: Eat

GORDIE Check

Alcohol overdose can have any of these four PURBS symptoms.

Resources

- Safe Ride: Free, on-demand rides from 12:00AM to 7:30AM, 7 days a week. Call (434) 242-1122 or use the TransLoc app.
- Blue Light Phones: Direct line 911, located on and off Grounds.
- Angel Shot: Let the bartender know you’re in trouble by ordering this drink.
- WahooWell: Explore your strengths, goals, and motivations related to sleep, stress, and social health. Free and confidential.

What to Expect When Getting Help

- If there’s any question about whether someone needs help, err on the side of safety and call 911.
- After calling 911, stay and cooperate with emergency personnel. Students are not charged for ambulance rides and won’t go to the hospital if not medically necessary. Police may notify the Office of the Dean of Students who might check in to make sure everyone’s okay. Safety is everyone’s priority.
- If seeking care at Student Health or any hospital for an alcohol or drug incident, police or school officials are not notified. Parents/guardians are only notified in life-threatening events or if the student is under 18.

Cannabis Cautions

Keep in mind that...

1. Actual product content and side effects can be unknown.
2. Edibles can take up to two hours to take effect.
3. Use on UVA property is prohibited.

Scan! Scan the QR code below for more information.

83% of UVA undergraduates who drink avoid mixing alcohol with other drugs.

There are many ways to have fun, and socialize without drinking. Check out the WahooWeekender, an email listerv with substance-free weekend activities.

- Office of Health Promotion
  Department of Student Health & Wellness
  University of Virginia
  Edited by Laleh Moradian, Class of 2022
  Designed by Lani Magenheim, Class of 2022