

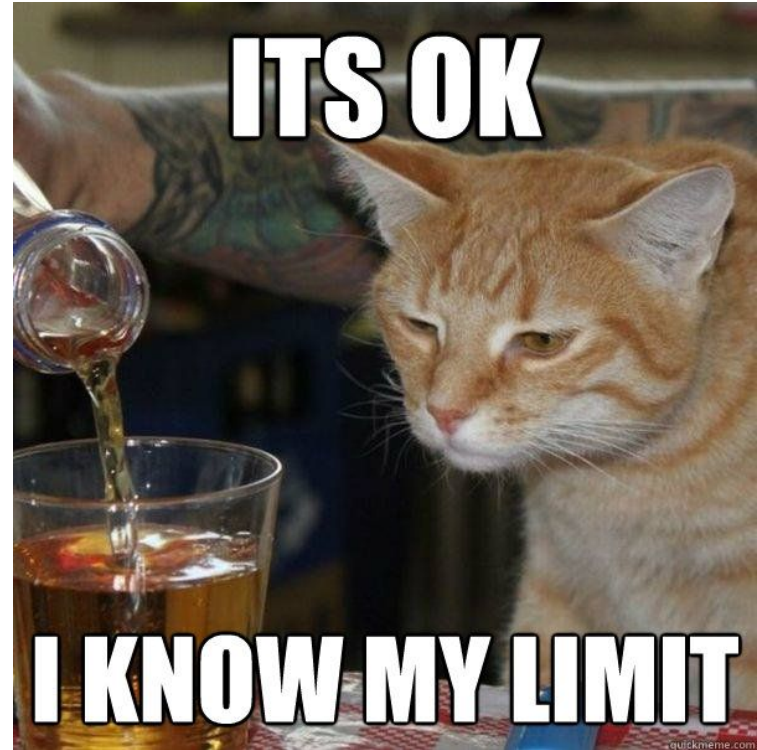
# Sobering Up

- Coffee?
- Exercise?
- Cold Shower?
- Boot and Rally?
- 1 Standard Drink per Hour



# Strategies

- Alternating alcohol with Water
- Eating beforehand/during
- Counting Drinks
- Bring X amount of drinks
- Abstinence



# Alcohol Overdose

- Inability to Wake
- Inability to Communicate
- Blue Lips
- Shallow, Irregular Breathing
- Uncontrollable Vomiting
- Confusion
- Low Body Temperature
- Seizures



# Opioid Overdose

1. Pinpoint pupils
2. Unconsciousness
3. Respiratory depression

# Medical Amnesty & Good Samaritan

- No repercussion for calling for help
- Wake, Turn, Call, Stay
- 207-581-4040 for UMPD



# Bystander Intervention

1. Notice the Incident
  2. Interpret Incident
  3. Assume Responsibility
  4. Know How to Help
1. Take Action

# Title IX

## Rights for students:

- “No person in the U.S. shall, on the basis of sex be excluded from the participation in , or denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal aid.”
- Sex discrimination includes sexual harassment, sexual assault, dating violence, domestic violence and stalking