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