







FASHIONABLY LATE



Show up late. This will minimize the amount of time you may feel pressured to drink.

BEWARE OF UNFAMILIAR DRINKS



BEWARE OF "GIRLY DRINKS".

AVOID JUNGLE JUICE AT PARTIES.

MIX IT UP



FOR EVERY
ALCOHOLIC DRINK
YOU HAVE,
DRINK A
BOTTLE OF WATER.



SET A LIMIT



BEFORE GOING OUT SET A LIMIT OF 2 TO 3 DRINKS.

HAVE A FRIEND HELP YOU KEEP TRACK.

WATCH IT.

Hold on to your drink at ALL times. Date rape drugs are difficult to detect. They are colorless, odorless and tasteless in drinks.

Only accept unopened cans or bottles, mix your own drinks, and avoid common "punch bowls".

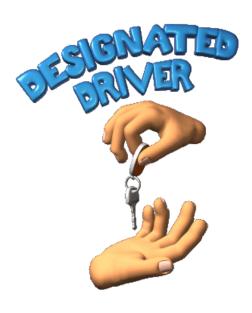


BUDDY UP



HANG WITH YOUR
FRIENDS YOU TRUST!
IT WILL LOWER YOUR
RISK OF BEING THE
VICTIM OF
ROBBERY, ASSAULT,
BATTERY OR MORE.

BE A DD



HAVE A DESIGNATED

DRIVER!
THIS PERSON SHOULD

NOT

CONSUME ANY ALCOHOL

AND WILL MAKE SURE

ALL DRINKERS GET HOME

SAFE.

GRAB A BITE.



Food in your stomach will keep alcohol from being absorbed too quickly. If you don't have time to eat anything, drink a glass of milk. The protein in it may slow the absorption of alcohol by as much as three times.

SIT IT OUT



AVOID PLAYING DRINKING GAMES; IT CAN CAUSE YOU TO LOSE TRACK OF HOW MUCH YOU ARE DRINKING.

WRAP IT UP.

Cliché? Of course, but it is worth remembering. That guy or girl that looks so cute to you in the bar won't be so cute when you are diagnosed with an STI.

Protect yourself.

FREE CONDOMS can be obtained in the health and wellness center.



Good Clean Fun

Off Campus Activities

Try these activities this weekend instead of going out.

Go Bowling!

Bowling Palace (610) 269-9999 977 E Lancaster Ave Downingtown, Pa 19338 Palacebowling.com



Miniature Golf

Rossi Golf and Sport Center (484) 875-0711 96 W Devon Dr. Exton, Pa 19341



Catch a Flick

AMC Painters Crossing 9 (610)558-4793 112 Wilmington Pike West Chester, Pa 19382



Regal Downingtown Cinema 16 (610)518-3401 100 Quarry Rd Downingtown, Pa 19335

Upcoming Town Events



For more info check out: www.downtownwestchester.com/ events.php

Good Clean Fun

On Campus Activities

Try these activities this weekend instead of going out.

Sykes Cinema

Every Thursday, Friday and Saturday at 8PM and 12AM, and every Sunday at 8PM a movie is presented in Sykes Theater. Admission is \$2 with Student ID and you get a dollar off if you pay with RAMBUCKS!

Check Out the Wellness Center Facebook Site For Upcoming Events

www.facebook.com/WCUhealth

Use your resources

Each resident hall and the clubhouse on south campus has the following:

- Board Games
- Movies for rent
 - Pool table equipment
 - AND MORE!

Click the Info Button on the WCU Home Page for a Calendar of all Upcoming Events

