


How do you know if its  
ok to have sex?

Remember: Drunk  
people cannot give  
consent for sex.



Hold on to your drink at  
ALL times. Date rape  
drugs are difficult to  
detect.

Remember: Alcohol is the  
most commonly used date  
rape drug

**Eat before you go  
out. You'll have a  
better night.**





# 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](http://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!



### 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!

**Check Out the Wellness Center  
Facebook Site  
For Upcoming Events**

**[www.facebook.com/WCUhealth](http://www.facebook.com/WCUhealth)**

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

