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## ALPHA SIGMA PHI

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## HALLOWEEN PREPARATION TIPS

### **BE CONSCIOUS WHEN PICKING OUT YOUR COSTUME**

Invite parents back for a special recruitment event in conjunction with a Parents Night/Weekend. Feel free to invite the parents of prospective members. Parents whose sons are having a positive experience will be credible resources. Be sure to give them factual information about the chapter in the event a parent or prospective member asks them about the chapter. Will your costume be perceived as offensive?

### **PREPARE PROPERLY & KNOW YOUR LIMITS**

Eat a protein-packed meal and hydrate before consuming alcohol. The food you eat prior to alcohol consumption will help slow the processing of alcohol. Another key factor to responsible drinking is to know your limits. Is consuming alcohol new to you? Do your medications have side effects when mixed with alcohol? How many drinks have you consumed in one hour?

### **DON'T TAKE A DRINK YOU DIDN'T ORDER**

The best method to avoid a "spiked" or "drugged" drink is to order your own drinks and watch them being made. Additionally, it is wise to take your drink with you instead of leaving it unattended.

### **KNOW AND OBEY THE LAWS, RULES, AND REGULATIONS OF YOUR STATE AND INSTITUTION**

Some campuses enforce strict regulations around Halloween, so be sure your evening festivities are compliant to avoid the risk of citations and arrests.

### **MAKE THE CALL**

If you see someone who may need medical assistance, make the call! Unfortunately, binge drinking is the reality of Halloween on college campuses, and it often leads to alcohol poisoning. The time it takes to call 9-1-1 could be critical in a life-threatening situation.

### **DON'T DRINK & DRIVE**

Leave your car keys at home and plan an alternate form of transportation. Know your local Taxi number, rely on a sober friend, look for transportation offered by your campus, utilize Uber and Lyft, or walk with a friend.

### **DON'T GO OUT ALONE**

Going out with a group of friends is a great way to hold each other accountable and to make safe decisions. Should you need assistance, you have multiple individuals that you can call on for help or to ensure a safe arrival home.

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