A Guide for Social Gatherings

Many of us are eager to celebrate fall campus events together, like tailgates, homecoming, and Halloween. As we engage in old and new U-M traditions with public health precautions in place, people may have a range of reactions.

You have the ability to change our community culture and create inclusive spaces.

Communicate Expectations

- Set the tone! Talk about alcohol expectations with your friends before going out.
- Share strategies you use to Stay in the Blue like hydrating, eating, and pacing yourself.
- Make a plan for how you will handle anyone who is too intoxicated. When in doubt, call for help. Learn about medical amnesty.

Consider Public Health Guidelines

- Alcohol use can affect decision-making, making it harder to follow public health safety measures.
- Alcohol use changed during the pandemic for some people. Take time to consider what will contribute to a positive experience for all.
- Alcohol, vaping, and other drugs can weaken your immune system, making it harder for your body to fight off illness.

Quick Questions to Consider

- How do you want to show up for yourself and your community so that everyone enjoys themselves?
- What conversations do you need to have for understanding the expectations of the event?
- What are your boundaries when you consider social gatherings?
Be a Welcoming and Inclusive Friend

• Many students choose not to drink because of religious or cultural beliefs, being under 21, illness, family history, or being in recovery.
• Minimize the role that alcohol plays in your day to avoid things you don’t want (e.g., lost phones, arguments, MIPs or other citations).
• Emphasize the social connection and promote the event without glorifying high-risk behavior. Help create the best experience for all!

If You’re Going to Serve Alcohol

• Use clear, plastic containers for alcoholic drinks to make them distinct, and serve soda and water in their original cans and bottles.
• Provide high-protein food options, water, and non-alcoholic drinks.
• Set limits on how many drinks can be consumed at a time.
• Serve standard sized drinks (12 oz. beer, 5 oz. wine, 1 shot mixed drink). Avoid shots and mystery alcoholic punches.
• Limit drinking games or contests, and avoid using alcohol for prizes.
• Follow Michigan Hosting Laws (https://uhs.umich.edu/hosting).

Stay in the Blue to get what you want while avoiding the stuff you don’t want.
Remember, thousands of students choose not to drink, and when they do, they have 4 drinks or fewer. Learn more ways U-M students Stay in the Blue here:

This guide was created by Wolverine Wellness students. It includes evidenced-based practices for positive experiences when alcohol is served.