

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 COVID 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 PANDEMIC TAKEAWAYS

- Alcohol use can affect decision-making, making it harder to follow COVID-19 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 (12oz beer, 5oz 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

Stay in the Blue to get what you want while avoiding the stuff you don't want.

Download the Stay in the Blue app to learn about BAC. Remember, thousands of students choose not to drink, and when they do, they have 4 drinks or fewer.

This guide was created by Wolverine Wellness students.

It includes evidenced-based practices for positive experiences when alcohol is served.

