

SPRING BREAK SAFETY

Personal Safety

- Provide someone with details about your trip including where you are staying, room numbers, local phone numbers, who's with you, your flight plans, arrival times and when you will return home. Set regular check-in times and follow through with them.
- Bring emergency contact information, medical cards listing any conditions and/or allergies as well as health insurance information and keep these items with you.
- Trust your intuition; it is your best defense. If something doesn't feel right or sound like a good idea, it probably isn't. Listening to your inner voice can save your life.
- Have at least three friends with you when you hit the town. If one of you has a problem, the second one can stay while the third seeks out help.
- Never leave with someone you just met, no matter how gorgeous they are. If your friends refuse to adhere to this, find out where they're going and when they will return and use your cell phone to program the person's number and to take a picture of the new couple.
- Always have a plan for how you will return to your hotel room. Never wander off alone.
- If you are robbed, don't resist. Call 911 or the country's emergency phone number as soon as you can.
- Always carry emergency cash and keep phone numbers for local cab companies programmed.

Alcohol

- Make sure that at all times someone in your group is the designated sober person.
- Decide in advance how much you plan to drink and make a pact with your posse. If you are concerned for your friend's safety or you or a member of the group drinks more than planned, intervene.
- Protect yourself from date rape drugs. Only accept drinks that you see a bartender pour and unopened beverages. Whether your beverage is alcoholic or not don't ever leave your drink unattended even in the restroom.
- If a friend feels sick, do not leave them alone. If you feel sick ask someone to look after you. If someone passes out, turn them on their side to prevent choking and call 911 or the country's emergency phone number immediately.

Communicate and Regulate

- If you're hitting on someone, respect them if they say "No." Even if they say it quietly, or while laughing.
- If they shy away from you, move away on the dance floor or don't make eye contact, this is not a signal for you to try harder. This is a signal for you to back off.
- If a person is drunk, they can't consent to sex or any sexual activity. So even if they're all over you, you have to stop.
- If you see someone being harassed step in and ask if they're okay.
- If you see someone in a potentially dangerous situation intervene or find someone who can.

Sex... Safety and Prevention

- Avoid being alone or isolated with someone you don't know or just met.
- If you choose to have sex, make sure it's safe sex, use protection. Regardless of gender, protecting yourself is your own responsibility. Keep protection with you.
- Before you go decide what your sexual boundaries are and discuss them with your friends so they can help you honor them. Someone you just met may not have your best interests at heart.
- Do not have sex while you or your partner(s) are under the influence. Having sex with someone who cannot resist or say "no" because the person is drugged, drunk, passed out, unconscious, or asleep may be sexual assault.

Hotel, Motel, Holiday Inn!

- Always keep your door locked and use the peep hole. Never open the door for a stranger.
- Don't leave valuables in your hotel room; it's best if you don't even bring them on vacation.
- Don't overcrowd elevators it can cause malfunction which will cause you to get stuck.
- Do not climb balconies or sit on balcony rails. Not only is this stupid it can be fatal.

Soaking up the Sun

- Avoid over exposure. Use sunscreen (SPF of at least 15), wear sunglasses, and/or a hat.
- You can get sunburned even if it is cloudy. Re-apply sunscreen often and after swimming and sweating.
- Stay hydrated! Drink plenty of water, non-carbonated, and non-alcoholic drinks