

# THE MODERN MOUNTAINEER'S GUIDE TO HOSTING SAFER AND MORE INCLUSIVE PARTIES



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WELLWVU



COLLEGIATE RECOVERY

# INTRODUCTION

Planning and hosting a party can be fun, but small details can ensure your party is **SAFE AND FUN** for everyone.

**SETTING BOUNDARIES** and having strategies in place to make yourself and guests comfortable is essential for everyone to have a good time.

Remember, this is **YOUR PARTY** and you make the rules!

## *Ask Yourself These Questions:*

/ Are you comfortable with the presence of alcohol or other substances?

/ Are you allowing guests to bring a few friends, everyone they know, or is this party by invitation only?

/ Will there be guests under the legal drinking age?

/ Are you comfortable with your guests staying over for the night if they are unable to drive themselves home?

**REMINDER**, you could be held responsible under Common Negligence Laws if someone is harmed or injured at your party. That means you're expected to take **REASONABLE STEPS** to ensure no guests are drinking underage or becoming overly intoxicated.



# TIPS TO KEEP YOUR PARTY SAFER

## TRANSPORTATION

Ask your guests about their transportation plans **BEFORE THE EVENT**.

If someone doesn't have a designated driver, a friend to call, or a rideshare planned, let them know it's important for them to have a plan to **BE SAFE**.

**HELP FRIENDS** make arrangements for transportation if you're able.

For smaller gatherings of people you know, consider collecting car keys in a large bowl or shoebox that you can store away. This way, each person will need to alert you that they plan to leave and you can **INTERVENE** if they are too intoxicated to drive.

# TIPS TO KEEP YOUR PARTY SAFER

## FOOD & DRINK

If you choose to allow alcohol at your party, consider **HAVING SNACKS** available too.

Food slows down the absorption of alcohol. If guests are drinking, food can **HELP PREVENT** rapid intoxication.

Show off your cooking skills. If cooking isn't your thing, **ORDER SOME PIZZAS** or have everyone chip in on delivery. Set out snack foods like chips, crackers, pretzels, or popcorn.

If you choose to provide alcohol, the best line of defense against mishaps can be serving beverages with lower alcohol content. Skip shots and jungle juice and go for drinks with 5% ABV or less. Be clear about **YOUR BOUNDARIES** regarding outside alcohol and substances at your party.

# HOW TO STAY INCLUSIVE

Even if your gathering will have alcohol, you can still **SET AN EXAMPLE** by making the choice not to drink.

Have non-alcoholic drinks **READILY AVAILABLE**. You can even provide guests with ingredients to make their own unique and tasty beverage.

**PLAN ACTIVITIES** for your gathering! Some people who choose not to drink might not attend parties because alcohol is the main event.

Consider hosting a costume party, an unplugged board game night, a video game tournament, or a karaoke party. **GET CREATIVE!**

# HOW TO STAY INCLUSIVE

Not every party includes alcohol! Hosting alcohol- and substance-free events communicates to your friends that **MODERATION AND SOBER LIFESTYLES** are normal and respected.

Shut down **STIGMA AND PEER PRESSURE**! No one is required to drink or consume any substances, and no one should be coerced into doing so.

**BE WARY** of comments like “Just one drink won’t hurt” or “Don’t be so boring”.

Be assertive in shutting down peer pressure to drink or use substances, and **DON’T BE AFRAID** to ask someone to leave if the behavior continues.

# SUPPORTING GUESTS IN RECOVERY OR MODERATING SUBSTANCE USE

Understand that people in **RECOVERY** might have specific needs or triggers you aren't aware of, and they might be uncomfortable talking about them.

Avoid prying questions and respect everyone's choice whether they disclose **THEIR REASONS** for not using substances. Do not make assumptions about why someone is or is not engaging in substance use.

People might have difficult or complex feelings about their own use of alcohol or other substances. What **ONE PERSON** might view as casual or "no big deal" could be problematic or even dangerous for another.

Family or personal history can affect how a person feels about substance use. Past experiences involving parents, guardians, loved ones, or friends, including addiction and death, can have a **BIG EFFECT** on a person's feelings and attitudes about substances.





# KNOWING WHEN SOMEONE MAY NEED HELP

If you're hosting a party, you have a **RESPONSIBILITY** to take measures in keeping the setting safe!

Do you have **PHONE NUMBERS** for local police departments and emergency services?

Is there naloxone available **IN CASE** of an opioid overdose? Naloxone has the ability to rapidly reverse opioid overdose in the case of an emergency.

Do you **KNOW THE SIGNS** of alcohol poisoning?

/ **Confusion** / **Seizures** / **Blue, gray, or pale skin**  
/ **Low body temperature** / **8 breaths or fewer per minute**  
/ **Unconscious or semi-conscious**

**DON'T BE AFRAID** to call for help, even if unlawful activity has occurred. The WV Good Samaritan Law and the WVU Medical Amnesty Policy protect you AND the person you're helping from punitive actions. You must **BE COOPERATIVE** with first responders and provide accurate information to the best of your ability.

# CONCLUSION

There are many ways you can be a safer and more supportive party host. By keeping the following **KEY POINTS** in mind, you can help create a fun, inclusive environment for everyone!

1. **COMMUNICATE** your expectations and boundaries for your party to your guests.
2. Consider the boundaries your guests may have with substances and **RESPECT THEIR CHOICES**.
3. Know that alcohol **DOES NOT** have to be present to have a party.
4. Provide non-alcoholic drinks and snacks for **EVERYONE**.
5. **BE AWARE** of local resources and safety measures.

# RESOURCES AND SAFETY MEASURES

## COLLEGIATE RECOVERY PROGRAM / SERENITY PLACE

The WVU Collegiate Recovery Program offers supportive programming and substance-free social activities open to all current WVU students. Serenity Place is a safe space on campus where students can relax, study, and build community with others in any type of recovery, impacted by addiction, or seeking to improve their relationship to substances. For location information and operating hours, scan the QR Code.



## WELLWVU

WELLWVU delivers comprehensive wellness education to all WVU students through engaging programs, services, and educational resources. This includes substance safety, sexual health, and emotional well-being.



# RESOURCES AND SAFETY MEASURES

## EMERGENCIES

/ 911

/ UPD (University Police): 304-293-3136

## PSYCHOLOGICAL EMERGENCIES

/ Suicide Hotline: 988

/ Veterans Crisis Line: 988 (press 1)

/ Trevor Project Hotline (LGBTQ+): 1-866-488-7386

## WVU CARRUTH CENTER CRISIS LINE

/ 8:30 a.m. to 5 p.m. (M-F): call 304-293-4431 and tell them you are experiencing a crisis.

/ After hours: Call 304-293-4431 press 1 and you will be connected to the after-hours services.

## WE WANT TO HEAR FROM YOU!

Please take a moment to fill out our survey on this guide.

