ONE PARD: It Only Takes One to Make a Difference.

Lafayette College encourages all members of the campus community to take an active role in protecting the safety and well being of one another by supporting and encouraging safe and responsible decision-making on and off-campus. To get non-urgent help for a friend, visit **onepard.lafayette.edu.**

Alcohol Use and Your Responsibilities

- Support sober friends by remaining sober with them and/or choosing to participate in non-drinking related events on and off-campus

- Challenge language that normalizes and supports high-risk drinking behaviors (blacking out, getting wasted, puke-and-rally, work hard play hard, etc.)

- Create a plan, with a friend, for safe consumption. Hold each other accountable to that plan. Consider pacing your consumption to one drink per hour, checking any prescription medications for interactions, communicate and stick to your limit, and avoid using alcohol to cope with negative emotions.

- Intervene if a friend develops an unhealthy relationship with alcohol. Tips for intervention can be found on **https://aods.lafayette.edu/**

If a friend has consumed beyond a responsible limit, suggest returning home to:
drink water, eat a snack, or to simply remove the temptation to continue drinking

Call for emergency assistance (Public Safety or an RA) when you are concerned for a friend's safety. Indicators that you should be concerned include:

- Vomiting (vomiting is a sign of alcohol poisoning)
- Loss of bodily functions
- Difficulty standing
- Incoherent speech
- Semiconscious or unconscious state
- Irregular, shallow, or slowed breathing
- Bluish or pale skin tone, low body temperature (feels clammy or cold to touch)

What is the Good Samaritan Policy?

The Good Samaritan Policy is designed to empower students and organizations to seek emergency assistance for dangerously intoxicated individuals. The policy applies to both alcohol and drug use. As part of this policy, neither those reporting incidents nor those needing help will be subject to disciplinary action.

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