



Alcohol

& Your Safety

Resources Available to You

Your personal health and safety are extremely important to us at William & Mary. If you are concerned about your relationship with substances or face a serious case of intoxication, we encourage you to seek help.

The Self-Care Over Soothing (SOS) program is an integrative approach to wellness designed to support students who are seeking to be healthier and not just temporarily feel better.

Students who chose to make use of SOS's resources independently can do so free of charge. However, those referred by CVRP as a result of substance-related disciplinary action will have to pay for the educational support services.

Students may get started by completing the assessment on the [SOS webpage](#). Questions may be directed to tdavis@wm.edu or newleaf@wm.edu.



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How Does *The Good Griffin Policy* Work?

If you actively assist others who are intoxicated to the point of serious illness you will avoid receiving conduct charges

Instead, *Community Values & Restorative Practices* will not pursue conduct charges under the Student Code of Conduct; however, Student Affairs staff will meet with the student and apply educational measures

Active assistance is defined by calling for emergency services and seeking the help of a Residence Advisor (RA)

Good Griffin does not apply for those who leave the scene before help arrives, face charges from law enforcement, or possess and intend to distribute drugs

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Safer Consumption Practices

- Make a plan for your night out
- Have a ride-share or other mode of transportation prepared in advance
- Inform a sober friend where you will be that night
- Eat filling meals and hydrate before going out
- Stay with your group while out
- Know your limit and stick to it
- If you are unsure of your limit, pace yourself with no more than one drink per hour
- Avoid intentional excessive drinking & drinking games
- Always watch your drink and avoid letting strangers buy drinks for you



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Important Considerations Before Drinking

Before you drink take time to reflect on the reasons you choose to consume.

Be intentional with your choices and always prioritize your personal needs and values. Consider the feelings, actions, and/or benefits you want to experience from using.

Be aware of the amount you are consuming. The easiest way to do this is to drink standard drink sizes (12oz beer, 5oz of wine, 1.5 oz of liquor).

Avoid mixing alcohol and other substances. Mixing substances can make it difficult to predict what is going to happen or how you will be affected.



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Keep those around you safe and know the signs of alcohol poisoning!

Alcohol poisoning may be recognized by:

- Confusion
- Slow or no reflexes or response
- Difficulty or inability to remain conscious
- Vomiting
- Trouble breathing
- Clammy, pale, or bluish lips
- Seizures

**IF YOU WITNESS ANY OF THESE SIGNS
CALL 911**



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Your personal health and safety are extremely important to us at William & Mary. If you are concerned about your relationship with substances or face a serious case of intoxication, we encourage you to seek help.

The *New Leaf Clinic* is a student-run clinic at the School of Education that provides an Alcohol Skills Training Program to students looking to explore or improve their relationship with substances

Students who chose to make use of *New Leaf Clinic's* resources independently can do so free of charge. However, those referred by the college as a result of substance-related disciplinary action will have to pay for the educational support services

If you are concerned for the immediate safety of yourself or others call William & Mary Police (757) 221-4596, 911, or seek a Resident Advisor (RA)