Spring Break can be a wonderful time of fun and relaxation whether staying near or traveling far. Make sure you return to campus safe and healthy by considering a few safety tips.

Safety Tips

1. Don’t take chances with illegal drugs especially if travelling abroad.
2. If you choose to drink, don’t leave your drink unattended around people you don’t know or accept drinks from strangers. Date rape drugs could be placed in your drink while you are distracted to facilitate rape or other crimes.
3. Drink slowly. Alternate alcoholic drinks with water or soda. Eat a meal before drinking and snack throughout the time you are drinking.
4. Remember that impairment begins with the first drink. Refrain from driving, or if you drink use a designated driver.
5. Exercise caution if you decide to mix alcohol with fun in the sun. Sun exposure and hot tubs can intensify the effects of alcohol.
6. Avoid going out or travelling alone at night.
7. If you choose to “hook up,” be careful of who it’s with and make sure your friends know who you are with and where you will be.
8. Always use protection when engaging in sexual relations.
9. Practice safe driving. Don’t drive while distracted or tired.
10. Be smart with your money. Don’t go to the ATM by yourself and carry a limited amount of cash with you at any time.