Hello LIVE REAL Mentors,

Spring is coming (even if it doesn’t feel like it)! As Spring Break rapidly approaches, many students are planning fun trips and activities. Traditionally, many Spring Break activities have centered around or involved drinking. As a LIVE REAL Mentor, you have an opportunity to speak with students about the risks associated with alcohol and other drug use, particularly when they are in unfamiliar settings and situations. If you know someone who is making Spring Break plans, take a moment to share the following tips and resources:

- If you choose to drink, monitor your consumption carefully. Keep track of the number of standard drinks you are consuming. Make sure you know how much alcohol is in each drink (you may wish to avoid mixed drinks), and be sure to keep your BAC at a .05% or below. To plan ahead and know approximately how your BAC will rise, visit [http://www.ndsu.edu/alcoholinfo/measure_your_drinking/](http://www.ndsu.edu/alcoholinfo/measure_your_drinking/).
- Keep in mind that exposure to sun increases risk for dehydration (particularly when coupled with alcohol consumption). Alcohol is not a thirst quencher! Drink lots of water and don’t forget the sunscreen.
- **Know the signs of alcohol poisoning** (person cannot be awakened, slow or irregular breathing, cold, clammy, pale or bluish skin, vomiting, seizures) and call for help immediately if you suspect alcohol poisoning. Turn the person on their side and stay with them until help arrives. Remember: not all signs need to be present for alcohol poisoning to occur!
- Pay attention to your surroundings – drinking in unfamiliar areas or with unknown companions can be very risky. Be sure to always stay with your group. If you feel uneasy, trust your instincts and get out of the situation.
- **Spring Break Kits** containing first aid items, sunscreen, BAC cards, standard drink magnets, sexual assault awareness information, treats, and other items will be available at the Wallman Wellness Center this Friday, March 4th from 5:00 to 8:00 p.m. and on Saturday, March 5th from 9:30 to 11:30 p.m. Kits will also be available on Tuesday, March 8th from 10:00 a.m. to 2:00 p.m. in the Memorial Union, in front of the NDSU Bookstore.

For other information about low-risk drinking, visit the Before One More webpage at [http://www.ndsu.edu/alcoholinfo/students/before_one_more/](http://www.ndsu.edu/alcoholinfo/students/before_one_more/)

**Other Announcements:**

As a reminder, a LIVE REAL Mentor “Train the Trainer” session will be held on Wednesday, March 30th from 11am-1pm in the Peace Garden Room, Memorial Union for any mentors who are interested in learning how to facilitate future LIVE REAL Mentor Training sessions. The Train the Trainer session provides additional information about the background of the program and the effects of alcohol and other drugs, and takes you step by step through presenting a LIVE REAL Mentor session. All current LIVE REAL Mentors are welcome to sign up for this training opportunity. Lunch will be provided to attendees. Please RSVP to Erika.Beseler@ndsu.edu by Friday, March 25th if you are planning to attend.

Additional LIVE REAL Mentor Training sessions have been scheduled this spring for the following dates:

- Thursday, March 31st – 4-5pm, Arikara Room, Memorial Union
- Wednesday, April 27th – Noon-1pm, Family Life Center 122

Have a safe and fun Spring Break!

Erika