Hello LIVE REAL Mentors,

Spring Break is nearly here! As break rapidly approaches, many students are making plans for exciting trips and activities. As students find themselves in unfamiliar settings and situations, they will have decisions to make that may affect their enjoyment and safety. As LIVE REAL Mentors, it is important that we share information with students that can help ensure they have a fun, safe Spring Break. Please take a few moments to share the following tips and resources related to both alcohol and sexual assault prevention with the students around you:

- **If you choose to drink, plan ahead and 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 overdose** (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 overdose. Turn the person on their side and stay with them until help arrives. Remember: not all signs need to be present for alcohol overdose to occur!
- **Actively seek enthusiastic consent** from your partner every time and at every step in every sexual relationship. Remember, your partner must be of legal age and not intoxicated to be able to consent.
- **Look after your friends.** Before you go out, it may be helpful to discuss when and how you would like your friends to intervene in a situation that becomes uncomfortable or dangerous. Check-in with each other regularly when you are out and make sure everyone is having a safe, fun time.
- **Be a responsible bystander.** If you notice a stranger in a situation that seems uncomfortable or like it could lead to danger, don’t ignore it. Intervene at a level and in a manner that feels right to you. This could mean notifying an authority, like the local police.
- **Don’t let your guard down.** Spring Break can create a false sense of security amongst fellow vacationers. Don’t assume that other travelers have your best interest in mind; remember they are essentially strangers.

Questions about Sexual Assault Prevention? Contact sarah.dodd@ndsu.edu

Other Announcements:
Spring Break Kits containing first aid items, sunscreen, safe sex materials, alcohol overdose information and other items will be available at the Wallman Wellness Center this Wednesday, March 7th from 5:00 to 7:00 p.m. and in the Memorial Union on Thursday, March 8th from 11:00 a.m. to 1:00 p.m.

Check us out on Facebook!
Be sure to become “Friends” with the NDSU Before One More campaign (www.facebook.com/b41more) and “Like” NDSU Violence Prevention Educators on Facebook!

Upcoming Spring 2012 LIVE REAL Mentor Training sessions:

- Thursday, March 29 @ 4pm – Room of Nations
- Wednesday, April 25 @ 4pm – Room of Nations

Thank you for all you do as a LIVE REAL Mentor!

Best,

Erika