How do you know if it's ok to have sex?

Remember: Drunk people cannot give consent for sex.
Hold on to your drink at ALL times. Date rape drugs are difficult to detect.
Remember: Alcohol is the most commonly used date rape drug.
Eat before you go out. You'll have a better night.
Fashionably Late

Show up late. This will minimize the amount of time you may feel pressured to drink.
Beware of unfamiliar drinks

Beware of “Girly Drinks”.

Avoid jungle juice at parties.
Mix it up

For every alcoholic drink you have, drink a bottle of water.
Set a limit

Before going out set a limit of 2 to 3 drinks.

Have a friend help you keep track.
Watch it.

Hold on to your drink at **ALL** times. Date rape drugs are difficult to detect. They are colorless, odorless and tasteless in drinks. Only accept unopened cans or bottles, mix your own drinks, and avoid common “punch bowls”.
Buddy Up

Hang with your friends you trust! It will lower your risk of being the victim of robbery, assault, battery or more.
BE A DD

HAVE A DESIGNATED DRIVER!
THIS PERSON SHOULD NOT
CONSUME ANY ALCOHOL
AND WILL MAKE SURE
ALL DRINKERS GET HOME SAFE.
Grab a Bite.

Food in your stomach will keep alcohol from being absorbed too quickly. If you don’t have time to eat anything, drink a glass of milk. The protein in it may slow the absorption of alcohol by as much as three times.
Sit it out

Avoid playing drinking games; it can cause you to lose track of how much you are drinking.
Wrap it Up.

Cliché? Of course, but it is worth remembering. That guy or girl that looks so cute to you in the bar won’t be so cute when you are diagnosed with an STI. Protect yourself.

FREE CONDOMS can be obtained in the health and wellness center.
Good Clean Fun
Off Campus Activities
Try these activities this weekend instead of going out.

Go Bowling!
Bowling Palace
(610) 269-9999
977 E Lancaster Ave
Downingtown, Pa 19338
Palacebowling.com

Miniature Golf
Rossi Golf and Sport Center
(484) 875-0711
96 W Devon Dr.
Exton, Pa 19341

Catch a Flick
AMC Painters Crossing 9
(610)558-4793
112 Wilmington Pike
West Chester, Pa 19382

Upcoming Town Events
For more info check out:
www.downtownwestchester.com/events.php

Regal Downingtown Cinema
16
(610)518-3401
100 Quarry Rd
Downingtown, Pa 19335
Good Clean Fun
On Campus Activities
Try these activities this weekend instead of going out.

Sykes Cinema
Every Thursday, Friday and Saturday at 8PM and 12AM, and every Sunday at 8PM a movie is presented in Sykes Theater. Admission is $2 with Student ID and you get a dollar off if you pay with RAMBUCKS!

Use your resources
Each resident hall and the clubhouse on south campus has the following:
- Board Games
- Movies for rent
- Pool table equipment
- AND MORE!

Check Out the Wellness Center
Facebook Site
For Upcoming Events
www.facebook.com/WCUhealth

Click the Info Button on the WCU Home Page for a Calendar of all Upcoming Events