

WELCOME TO USI

KNOW
WHAT'S AT
STAKE!

CAMPUS AND COMMUNITY RESOURCES

KNOW THE CODE!

USI is a dry campus, even for those over age 21. Use or possession of any alcoholic beverage or illegal drug is prohibited on USI property.

This includes:

- **Alcohol**
- **Marijuana**
- **Vaping**
- **Synthetic marijuana/drugs**
(K2, spice, 'bath salts,' etc.)
- **Medications without prescriptions**
- **Other drugs**
- **Empty cans/bottles of alcohol**
- **Alcohol decorations**
(including wine and shot glasses)
- **Drug paraphernalia**
(example: bong)
- **Tobacco use**
(except in personal vehicles and designated areas in Housing and Res Life)

BEHAVIOR: If you party off campus and return under the influence of alcohol, don't draw attention to yourself. If your behavior causes a disturbance or endangers the property or safety of others you will be in violation of campus policies, and will be referred to the Dean of Students Office.

KNOW THE LAW!

It is considered a Class C Misdemeanor to possess, consume or purchase an alcoholic beverage under the age of 21 or to use a fake ID. Possible penalties for a Class C Misdemeanor include up to 60 days in jail and up to a \$500 fine.



DON'T BE A STAT!
DRINKING BY COLLEGE
STUDENTS 18-24 CONTRIBUTES:
(national estimates per year)

- 1,519 deaths
- 599,000 injuries
- 696,000 physical assaults
- 97,000 cases of sexual assault
- 25% report major academic consequences
(including missing class, falling behind on work, doing poorly on exams or papers, and receiving lower grades)

If you are caught with alcohol on campus, the University may charge you with a Code of Conduct Violation. Depending on the charges presented, this means you could:

- BE REQUIRED TO COMPLETE AN ALCOHOL/DRUG EDUCATION PROGRAM
- BE REQUIRED TO COMPLETE AN ALCOHOL/DRUG EVALUATION
- HAVE YOUR PARENT/GUARDIAN NOTIFIED
- FACE A MONETARY FINE
- BE PLACED ON PROBATION OR SUSPENDED FROM THE UNIVERSITY
- LOSE YOUR HOUSING CONTRACT

ALCOHOL & DRUG INTERVENTION SERVICES

You may speak confidentially with a professional at the Counseling Center or the University Health Center.

COUNSELING AND PSYCHOLOGICAL SERVICES:

812-464-1867

UNIVERSITY HEALTH CENTER:

812-465-1250

MEDICAL EMERGENCIES

Call USI Public Safety or dial 911. Most campus officers are EMTs (Emergency Medical Technicians).

USI PUBLIC SAFETY:

812-492-7777 OR EXT. 7777

ON-CAMPUS RESOURCES

If you have a question about the Code of Conduct or USI's alcohol and drug policies, you may contact the Dean of Students Office.

DEAN OF STUDENTS OFFICE:

812-464-1862

USI.edu/deanofstudents

ONLINE RESOURCES

USI ALCOHOL AND OTHER DRUG PREVENTION

USI.edu/rfw/aod/

RETHINKING DRINKING

<https://www.rethinkingdrinking.niaaa.nih.gov/>

SOUTHWEST INDIANA ALCOHOLICS ANONYMOUS

<https://www.southwesternindianaaa.org/>

INDIANA AL-ANON SUPPORT FOR FRIENDS AND FAMILY OF PROBLEM DRINKERS

<https://indiana-al-anon.org/>

EVANSVILLE NARCOTICS ANONYMOUS

<https://www.atrana.org/>

WHAT STUDENTS SHOULD KNOW

ABOUT THE USE OF ALCOHOL AND OTHER DRUGS ON CAMPUS



WHAT'S THE REALITY ABOUT DRINKING AT USI?

Many students overestimate how much and how often other students drink in college. In reality, many USI students choose not to drink, and those students who do drink tend to do so in a reasonable manner.

There are plenty of ways to have fun on campus without alcohol. USI offers late-night events, movies, intramural sports, leadership programs, theatre performances, outdoor adventure programs, volunteer opportunities and much more!

Check out the campus calendar and get involved!

RESULTS FROM RECENT STUDENT SURVEYS SHOW:

83.4%

of first-year students choose not to drink when hanging out with friends
(USI Assessment Day, 2019)

66%

of students who choose to drink report having four or fewer drinks when at a party
(USI Assessment Day, 2019)

94.1%

of first-year students do not think that alcohol is very important to the social life of campus
(USI Assessment Day, 2019)

97.9%

of first-year students, when going out, prefer to be around people who either don't drink or drink moderately and stay in control
(USI Assessment Day, 2019)

REMEMBER:

The legal drinking age is 21. If you are under 21, not drinking is the only safe choice.

KNOW HOW TO REDUCE RISK

All students, whether they are on or off campus, are expected to follow the Code of Conduct. If you choose to drink alcohol, keep these safety tips in mind:

SET DRINKING LIMITS BEFORE YOU START

- Stick to your limit, and aim to keep your BAC (blood alcohol content) under .05, which for many people is about one drink per hour.

EAT AND DRINK WATER BEFORE AND DURING THE PARTY

- Eating will help slow down the rate at which you absorb alcohol and water keeps you hydrated.

USE THE BUDDY SYSTEM

- Go out with a trusted group of friends and stay together.

DRINK SLOWLY

- Avoid shots and mixed drinks that contain multiple shots. Drink beverages that take you longer to consume—it takes your body about an hour to process each alcoholic beverage.

AVOID MIXING DRUGS, MEDICATIONS, ENERGY DRINKS OR CARBONATED BEVERAGES WITH ALCOHOL

- These can interact unpredictably when consumed with alcohol and can put you at high risk for alcohol poisoning or other dangerous consequences.

ALWAYS PREPARE OR OPEN YOUR OWN DRINKS

- Control both how much alcohol you are consuming and that your drink stays safe from other drugs.

PAY ATTENTION TO WHAT'S GOING ON AROUND YOU

- Keep an eye on the situation to stay safe. Intervene if you see a situation that makes you uncomfortable, and watch out for your friends.

NEVER DRINK AND DRIVE! FIND A DESIGNATED DRIVER (DD)

- Be imaginative on how to decide: draw straws, trade off or give incentives for being the DD (free dinner, cash, etc.).

NEVER DRINK AND DRIVE!

CALL A FRIEND

- Have a backup plan and a person to call for help.

USE SAFE STRATEGIES

- Call an Uber or Lyft if you need a safe ride home.
- Download Rave Guardian, a free app by USI Public Safety that provides students with access to a variety of safety features. For more info go to RaveAlert on my.USI.edu.

ASK TO STAY OVER

- Ask ahead of time if this is an option. Many party hosts would rather you crash on their couch than possibly be held legally responsible for the consequences of your actions when you leave.

KNOW HOW AND WHEN TO GET HELP!

Signs that one of your friends is having a medical emergency (alcohol poisoning) and needs immediate help include (but are not limited to):

- They cannot be awakened
- Their skin is cold, clammy or bluish in color
- Their breathing is slow or irregular
- They've vomited while passed out

KNOW ABOUT MEDICAL AMNESTY!

USI cares about the safety of all its students. When calling to help a friend who is in danger from drinking too much, know that you and your friend may have certain immunities from legal penalties and University-based sanctions. Don't let the possibility that you might get in a small degree of "trouble" stop you from getting help—It's just not worth it!

Learn more about the Medical Amnesty Policy at USI.edu/deanofstudents.

It's better to be safe than sorry. If you are concerned about a friend, immediately call USI Public Safety at 812-492-7777 on campus or 9-1-1 off campus for help.

