
Where's the Party?

A guide for safer partying



So where's the party?

Parties can be a lot of fun but when party-goers drink too much, use drugs, or uninvited people show up, a good party can become a disaster. Serious injuries can occur. Don't let this happen to you or your friends.

Where's the Party? provides information for party planners and party-goers. It is important for you and your friends to look out for each other. The best way to do that is to plan ahead.

For more information call 613-549-1232 or 1-800-267-7875.



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Be a smart party host

- Ask a few non-drinking guests to co-host.
- Do not use glass; use plastic or paper cups.
- Screen people at your door.
- Serve lots of food.
- Provide plenty of non-alcoholic drinks.
- If you allow alcohol, don't let people get drunk.
- Don't let underage drinkers consume alcohol.
- Keep emergency phone numbers handy (e.g., taxi, police).
- Decide in advance when to call for assistance. Don't be afraid to ask for help.
- Keep your eyes open and ask your guests to look out for each other.
- Make sure that none of your guests drive after drinking.
- Many fire deaths are caused by unsafe use of candles, or by people cooking or smoking while under the influence of alcohol. Don't put yourself, your family, or your friends at risk of being hurt in a fire.

Know your guests

A party and free booze attract party crashers. They could come, wreck the party, and ruin what otherwise would have been a special and happy occasion. People may also use the opportunity to steal items from your home.

Have an invitation list

Invite only the people on the list.

No public advertising

Don't advertise on the internet or post flyers.

Numbered master list

For larger events like proms, record on a master list the name of the person who bought the ticket and the number of the ticket he or she purchased. This way you know who and how many are coming. Stick to your list.

No revolving door

Once the partygoer has entered the party, if he or she leaves, he or she should not be allowed back in. This allows you to keep track of and monitor your guests. This also stops guests from doing illicit activities outside the party.

Have only one entrance/exit

This will control who comes in or leaves the party.

What is a standard drink?

All drinks are not created equal. Check the label. Some brands have more alcohol than others. Correctly measure the drinks being prepared.



Regular Beer

341 ml (12 oz)
(4-5% alcohol)



Wine

142 ml (5 oz)
(10-12% alcohol)



Spirits

43 ml (1.5 oz)
(40% alcohol)
e.g., Vodka / Rye



Cooler

341 ml (12 oz)
(4-5% alcohol)



Shot / Shooter

1.5 oz
(40% alcohol)

All of these drinks contain the same amount of alcohol. They equal one standard drink.

Did you know:

More than...

2 standard drinks/day
9 drinks/week for women
14 drinks/ week for men
can put you at risk for problems.

Check it out

• www.lrdg.net

Excessive drinking

Everyone reacts differently to alcohol. It depends on the person's size, the amount drunk, how much food he or she has eaten, and whether or not he or she is stressed or over-tired.

Binge drinking

Binge drinking is defined as having five or more *standard* drinks in one sitting. Serious binging, such as drinking games, means you are drinking a lot of alcohol in a short amount of time. This gets you drunk faster and also increases your risk of alcohol poisoning.

Recent research has shown that important regions in the brain continue to develop at least into your twenties. Alcohol may interfere with brain development especially those areas of the brain that control learning, memory, judgement, decision making, and impulse control.

Know what a standard drink is. Do not binge drink or participate in drinking games.



Heads up



Look out for yourself

- Don't leave your drink unattended; it's too easy for someone to slip drugs into it.
- Don't accept opened drinks. Make sure you open it yourself or make your own drink.
- Have a buddy. Don't leave your friend alone.
- Hang out with someone trustworthy.
- Avoid risks. Do not participate in activities like driving or boating that require you to be alert.
- Don't trust your own judgement about whether you're fit to drive.
- If you've been drinking, **DON'T DRIVE.**
- Never get into a car with someone who has been drinking, doing drugs, or is really tired (however safely they may drive).
- Be prepared. Have a cell phone with you so that if you need help, your parents or someone you trust can pick you up.



Look out for your friends

- Don't let your friends drink too much.
- Don't encourage or force an already drunk person to drink more.
- Look out for each other and don't be a burden on your friends. No one wants to clean up someone else's puke.
- Don't lose a friend to booze. Watch for the early signs of alcohol poisoning including throwing up or passing out.

Get home safely

- Go with a group and leave as a group.
- Stick together and look out for one another.
- Share a cab.
- Never drink and drive or let a friend drive drunk.
- Don't let your friends wander off by themselves or with a stranger, especially if they have had too much to drink.

Heads up

Facts for girls

- Women produce less alcohol dehydrogenase - an enzyme that breaks down alcohol. Because of this, up to 30% more alcohol leaves your stomach and enters the bloodstream. So, if a man and woman of equal weight drank the same amount of alcohol, the woman's blood alcohol content would be higher.
- Women have less water in their bodies than men. This means the alcohol is less diluted in females. You will notice more effect than a male of the same body weight and body type who drank the same amount of alcohol.
- Women's bodies process alcohol more slowly, so the effects take longer to wear off.
- If your period is due you may get drunk more quickly.
- Be aware that when you drink, you are more likely to make choices that put you at risk, or engage in activities that you are not prepared for.
- Drinking too much and being out of control increases your chances of being a victim of sexual assault.

Facts for guys

- Alcohol can make people aggressive. Most arguments and fights involve people who have been drinking. Fights usually start over something petty. Tempers can flare and a situation can easily turn nasty. Stay out of other people's fights and if someone gets aggressive with you, walk away.
- Drinking too much and being out of control increases your chances of being a victim of sexual assault—it's not just girls who get assaulted.
- Alcohol increases estrogen levels in men. Long-term, heavy alcohol use has been associated with loss of body hair and muscle mass, development of swollen breasts, shrunken testicles, and impotence.



Check it out

- www.everydrinkisachoice.com
- www.virtual-party.org
- www.drinkingfacts.ca

Impaired driving

Driving high is risky

- Driving high puts you and others at risk.
- Marijuana changes your perception. A driver who is high has a harder time staying between the lanes.
- Marijuana slows your reaction time. A driver who is high may not react fast enough to sudden stopping of cars ahead, or to changes in speed.
- Marijuana can cause hallucinations. A driver who is high might swerve to avoid something that is not even there and cause a crash.

You can be charged with impaired driving if you have been using marijuana. A breathalyzer or blood test is not required for a police officer to determine that you are not safe to be on the road.



Check it out

- www.dontdrivehigh.ca
- www.maddyouth.ca (Why Drive High? interactive game)

Teen G2 drivers: late night passenger restriction

New rules apply to all G2 drivers under 20 years of age effective between MIDNIGHT and 5 a.m.

- For your first six months in G2 you can drive with only one passenger UNDER 20 years old.
- After six months in G2 and until you get your full G licence or turn 20 years old you can drive with a maximum of three passengers UNDER 20 years old.
- These restrictions don't apply when you have a fully licenced accompanying driver with four or more years of driving experience in the front passenger seat, or if your young passengers are your immediate family members.
- G2 drivers are still required to maintain a zero blood alcohol level while driving.

Impaired driving

It is a criminal offence to drive with a blood alcohol content (BAC) of .08 percent or more. Punishment can include a combination of jail time, fines, and licence suspension.

- If your BAC is less than .08 percent but you are impaired, you can still be charged.
- If you are caught with a BAC between .05 and .08 percent, your licence can be taken away immediately.
 - **The first instance:** the driver is suspended for three days.
 - **The second instance:** the driver is suspended for seven days and must undergo remedial measures.
 - **The third or subsequent instance:** the driver is suspended for 30 days, must undergo remedial measures, and have ignition interlock for six months.
- If you are learning to drive and have a Graduated Driver's Licence, you must maintain a .00 percent blood alcohol level.

The and of it

Have you ever questioned the true value of a cab ride or a designated driver? Here's an example of minimum costs to a first time convicted impaired driver:

Criminal Code Fine	\$ 1000.00
Remedial Measures Program	\$ 475.00
Licence Reinstatement Cost	\$ 150.00
Increase in Insurance Costs <i>(min. increase based on a perfect 6-star driving record)</i>	\$15,000.00
Ignition Interlock	\$ 1,500.00
Court Costs	\$ 2,000.00 to \$10,000.00
Total	\$19,975.00 to \$27,975.00

Information courtesy of OCCID.

See you in court

Your party, your liability

If you allow an alcohol-related event to be held on your property, if you host an alcohol-related event on or off your property, or if you provide the alcohol to others, you may have more legal responsibilities than you thought.

Social hosts who *continue to provide* alcohol to a guest who is obviously intoxicated, and who they know will drive, may be held liable for any injuries resulting from a crash. Even if you don't provide any alcohol, you may still be liable for alcohol-related injuries that occur on your property or on other property under your control.

You are more likely to be held legally responsible when underage youth are involved. If you *allow* an underage BYOB event to be held on your property, you may be held liable for injuries suffered or caused by a guest who is intoxicated. This is true whether the injuries occurred at the event or after the guest leaves. The courts are likely to be even more critical of your actions if you *bought or provided* the alcohol for the underage event.

What the law in Ontario says

The sale and consumption of alcohol in Ontario is mandated by a law called the Liquor Licence Act (LLA). This is a broad piece of legislation. The following are just some of the areas that it addresses. Under this law it is illegal:

- for anyone under the age of 19 years to possess or consume alcohol,
- to buy alcohol for an underage youth,
- to present fake ID,
- to serve or supply alcohol to anyone who is or appears to be drunk,
- to sell alcohol without a licence issued by the Alcohol and Gaming Commission of Ontario (AGCO),
- to be drunk in public and cause a disturbance, and
- to have open alcohol in a vehicle.

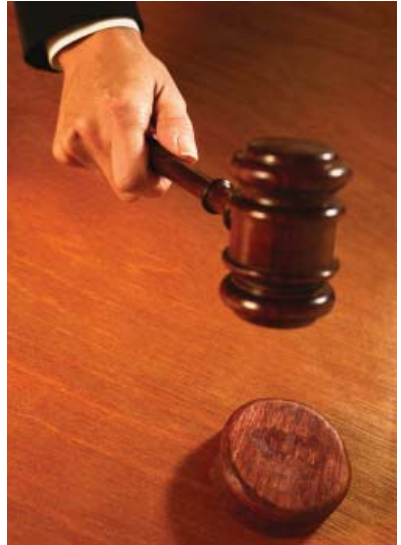
Fines range from \$200 to \$200,000. You are at the mercy of the courts.

See you in court

Let's be clear

A person can be held liable if an alcohol-related injury results from any of the following situations:

- You host a party in your home and provide alcohol to a guest who is obviously intoxicated, and who you know is planning to drive.
- You organize an alcohol-related function, such as a graduation party or a campus event in a *rented* hall, and fail to take reasonable steps to ensure the safety of your guests while they are on the property.
- You sign a Special Occasion Permit for an event (for example, a licensed street party or dance party), and fail to ensure that the alcohol is served responsibly, that the venue meets fire, building, and other legal requirements, that the event is properly managed and that staff and security are adequately trained.
- You knowingly permit someone underage to host a drinking party on your property.



You should know

It is illegal to **sell** alcohol in your home including in your backyard or on your patio! It is also illegal to sell or serve alcohol in a public place without a Special Occasion Permit (SOP). If you intend to **profit** from liquor sales, a liquor licence is required. For more information on SOPs call 1-800-ONT-LCBO or 1-800-668-5226.

Dealing with intoxicated people

Do:

- have sober backup.
- stay calm. Be friendly and non-judgmental.
- tell your guest you are worried about his or her safety.
- keep your distance. Tell your guest what you are going to do before you approach or touch him or her.
- stand to his or her side (not in front of him or her) when you speak. Your guest will feel less threatened. Find a quiet area to talk to avoid embarrassment.
- get help from one of his or her sober friends. Often he or she will listen to a friend's voice.
- distract and guide your guest away from the area and other people.
- call the police if you are not able to calm the person down or he or she becomes mouthy or violent.

Do not:

- walk, exercise, or shower a drunk person.
- laugh at or argue with someone who has been drinking or using drugs.
- try to physically restrain a drunken guest. It usually makes the situation worse.
- give liquids or drugs to sober someone up, only time can do that.

Signs of intoxication

- Slurred speech
- Bloodshot eyes
- Talking fast, then slow, then fast
- Speaking too loudly or too softly
- Sweating when no one else is
- Fine motor coordination is shot (difficulty picking up change, difficulty removing cards from wallet, etc.)
- Loss of inhibitions
- Flushed face
- Sleepiness
- Dopey, not alert (responding slowly to questions)
- Poor motor control (stumbling, bumping into others)

Emergency situations

Alcohol is a drug that depresses the central nervous system. Alcohol affects your thinking, decision-making and behaviour. Excessive use of alcohol can lead to unconsciousness, choking, and death.

Emergency Recovery Position

If someone passes out from drinking alcohol, use the **Rescue Position**. This will prevent him or her from choking.

1 Raise the person's arm closest to you straight above the head. Straighten the leg closest to you. Bend the other leg at the knee and bring the other arm across the chest.



2 Place your hands on the shoulder and hip. Gently roll the person towards you. Guard the head.



3 Tilt the head to maintain airway. Tuck nearest hand under the cheek to help maintain head tilt.



Call 911 if your friend:

- is unconscious and cannot be awakened.
- is breathing slowly or irregularly. This usually means less than eight times a minute, or ten seconds or more between two breaths.
- has cool, clammy skin.
- has unusually pale or bluish skin.
- vomits while passed out and does not wake up during or after vomiting.

If you must leave the person to call 911 or go for help, place a pillow or other support behind his or her back to prevent him or her from rolling onto his or her back.

Drink drugging

Always be alert for sudden changes in the way you or your friends feel or act after having a drink.

Watch for:

- nausea,
- vomiting,
- dizziness,
- confusion,
- disorientation,
- drowsiness,
- memory loss,
- loss of peripheral vision,
- feeling of heaviness in arms and legs, or
- feeling more drunk than you normally would after drinking alcohol.

If these or any other unexplained symptoms suddenly appear, get to a safe place immediately by calling a family member, a friend or 911.



How
many
loonies
did you
chug
last
night?

Take the
e-CHUG
Challenge
@



Every
drink
is a
choice
.COM