

STAY IN THE GREEN

Follow these tips to be a responsible host:

Before the party starts

- Get on the same page with your roommates & make a plan
- Set ground rules & let people know what to expect before they arrive
- Choose someone to stay sober & handle any issues that come up

Keep the good vibes going

- Serve water & other non-alcoholic beverages
- Provide simple snacks, such as chips or pretzels
- Skip the drinking games

Take care of each other

If any issues come up, use the 3 D's of bystander intervention:

- Direct: Do or say something right away
- Delegate: Get a roommate or friend to help you
- Distract: Change the subject or move the person to a different room

Know when to call for help

Call your RA, rector, or NDPD if you see the signs of **alcohol overdose**:

- Vomiting while passed out or unconscious
- Unresponsive or difficult to wake up
- Breathing is irregular, noisy, slow, shallow, or has stopped

The legal side

- Never let a friend drive if they've been drinking; help them call a rideshare or taxi to get them home safely
- **It is illegal to provide a place for minors to consume alcohol** ([Social Host Law](#))
- Know [Notre Dame's Expectation of Responsibility](#)
- Know the [Indiana Lifeline Law](#)

For more information, reach out to mcdonaldcenter@nd.edu