

PARTY SMART GUIDE

ruoffcampus.rutgers.edu/partysmart



RUTGERS—NEW BRUNSWICK
Student Affairs



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About the Guide

The **Party Smart Guide** is designed to be your “toolkit” equipping you with information and facts preparing you to act responsibly when hosting, attending or celebrating events that may involve alcohol or other drug use. The Party Smart Guide contains information and resources for students to reduce personal harm and accidental injuries while encouraging smart choices and informed decision-making.

Rutgers Off-Campus Living and Community Initiatives (OCLCI) is the central resource for students in the off-campus community. They prepare students for life off-campus by assisting them with their housing search, including educational workshops focused on legal issues, safety, security, and respect. OCLCI connects with community partners and faith-based leaders to offer all students opportunities to engage with ongoing community service and multi-faith programs.

Code of Conduct

The University Code of Conduct applies to all university students living both on and off-campus. Examples of off-campus conduct violations that subject a student to formal disciplinary action include:

- Student behavior that presents a danger or threat to the health or safety of others.
- Student behavior that includes violations of laws related to disorderly conduct, noise, trespassing, public urination, and littering.
- Student behavior that impacts property maintenance.

To see the University Code of Conduct please visit studentconduct.rutgers.edu.

Know Your Limits

Dangerous Drinking

What is Dangerous Drinking?

- Drinking heavily over a short period of time is more than one standard drink per hour.
- Drinking in order to get drunk.
- Drinking heavily on a regular basis.

What's a Standard Drink?

Wine= 5 oz.
Beer= 12 oz.
Shot= 1.5 oz. (Hard Liquor)
Wine Cooler= 10 oz.
Hard Seltzer= 12 oz.

It is recommended that you have no more than one standard drink per hour. It's easy to consume much more alcohol than planned with hard seltzers such as Truly or White Claw due to taste and sweetness. Dangerous drinking is considered 4 standard drinks for cis-women and 5 standard drinks for cis-males during one occasion, regardless of how long the occasion lasts.

Don't be afraid to ask for help if you feel like you either can't handle the situation or you need another person to support you. Drinking along with taking certain medications or mixing alcohol with drugs can be dangerous.

Signs of Alcohol Poisoning

When too much alcohol floods the system, basic functions such as breathing, heart rate and temperature control are adversely impacted which can ultimately result in life-threatening alcohol poisoning.

Symptoms of Alcohol Poisoning

include:

- Irregular/slow breathing.
- Pale/bluish/ashen/gray skin tone.
- Vomiting.
- Cold/clammy skin.
- Low body temperature.
- Loss of consciousness.

Don't be Afraid! Call 9-1-1!

- 1: Call 9-1-1 and provide your name and location.
- 2: Don't try to guess the person's level of intoxication.
- 3: Put the person on their side.
- 4: Stay with the person.
- 5: Talk to first responders.

A person does not need to exhibit all of these signs/symptoms to have alcohol poisoning. If you suspect someone has alcohol poisoning, get help immediately! Someone's life may be at risk!

New Jersey's **Overdose Prevention Act** provides legal protection for victims of overdose and those seeking help in an overdose emergency. Remember: the most important thing in any medical emergency is to get help!



Lifeline Legislation is specific to alcohol and grants immunity to underage persons provided they call 9-1-1, provide their name, are the first person to report the incident, remain at the scene until medical assistance arrives, and cooperate with the first responders.

Blood Alcohol Level

Blood alcohol content, or BAC, is the concentration of alcohol in your bloodstream, expressed as a percentage. As the amount of alcohol in your blood increases, so does your level of impairment.



- .02%** → Relaxed, reaction time slows down.
- .04%** → Relaxation continues, buzz develops and reaction time continues to decrease.
- .06%** → Cognitive judgment impaired, decreased ability to process information.
- .08%** → Legally drunk if you are above the legal drinking age of 21, motor coordination decreased.
- .10%** → Clear breakdown in judgment and coordination, visibly sloppy.
- .15% - .25%** → High risk of blackouts and injuries.
- .25% - .35%** → May pass out, lose consciousness, and risk of death.
- .40% and Above** → Lethal dose for most individuals.

There is no exact answer to determine how much you have to drink to become legally drunk. The effects of alcohol vary based on intoxication rate factors. For example, an individual that is smaller in size could reach a much higher BAC after one drink than a person larger in size.

New Jersey Lifeline Legislation encourages those under the age of 21 to seek help in the event of an alcohol medical emergency.

Source: http://www.drugfreej.org/assets/_control/content/files/911%20Flier.pdf

RU Medical Amnesty: The University strongly encourages students to call a University Official and/or Medical Professional for medical assistance for themselves or for community members who are dangerously under the influence of drugs or alcohol. No students seeking medical treatment for the effects of drug or alcohol will be subject to university discipline for violations pertaining to drug or alcohol possession/use as outlined in this Code of Conduct: <https://studentconduct.rutgers.edu/resources/medical-amnesty>

Think Before You Drink

Myths of Alcohol Consumption

- 1 Myth:** Mixing soda with alcohol does affect alcohol consumption.
Fact: Mixing soda with alcohol increases the rate of intoxication.
- 2 Myth:** Drinking coffee and cold showers will sober you up.
Fact: Only time will sober you up.
- 3 Myth:** Switching between dark and light liquors will make you more intoxicated.
Fact: Alcohol is alcohol. If the percentage of alcohol is the same both liquors will cause intoxication at the same rate.
- 4 Myth:** Vomiting gets rid of the alcohol in the body.
Fact: Alcohol is not processed like food. It bypasses the digestive system and exits the body through the liver.

Think Before You Take A Hit

Myths of Cannabis Consumption

- 1 Myth:** Cannabis isn't addictive.
Fact: Approximately 1 in 11 users become dependent on cannabis.
- 2 Myth:** You can't over consume cannabis.
Fact: It is possible to use too much cannabis, also known as "greening out," which can cause a number of dangerous symptoms such as extreme paranoia, anxiety short term psychosis and even fatal accidents.
- 3 Myth:** It's okay to drive under the influence of cannabis.
Fact: Scientific studies show that cannabis use doubles your risk of being in a car accident. Cannabis slows your reaction speed, reduces alertness and a person's concentration, which are all important to drive safely.
- 4 Myth:** It's legal to use cannabis on campus.
Fact: Under the Drug Free School and Communities Act use of illegal drugs on college campuses is prohibited. Colleges and universities that receive federal funds in the form of student loans, grants, and research support are required to remain in compliance with federal drug laws.
- 5 Myth:** Cannabis is all natural and completely safe.
Fact: There are more than 500 chemicals in cannabis - just because it is legal in many states does not mean it is safe for consumption.

Mixing Cannabis and Alcohol

"Crossfaded"

According to the CDC, use of both cannabis and alcohol results in greater impairment. Also getting "crossfaded" alters the effect of prescription medications.

Source: <https://www.rutgers.edu/cannabisinfo/faq>



The Office for Violence Prevention and Victim Assistance

The Office for Violence Prevention and Victim Assistance is committed to creating a community free from violence. They provide services designed to raise awareness and respond to the impact of interpersonal violence and other crimes. Through a combination of direct service, education, training, policy development, and consulting to the University and broader community, they serve as a critical voice in changing prevailing beliefs and attitudes about violence.

Alcohol & Sexual Assault: Facts and Figures

- 75% of all sexual assaults involve alcohol.
- A person cannot consent to sex if displaying any signs of impairment.
- One in five people abandon safer sex practices when impaired.
- Alcohol and other drugs are often used by perpetrators to incapacitate victims.

Alcohol is the most commonly used drug to facilitate sexual assault and perpetrators often target individuals who they believe they can convince to overconsume alcohol. If you or someone you know is sexually assaulted, there are people available to talk with you any time (24/7) if you need assistance understanding your options or just want to talk. Contact VPVA at **848-932-1181** if you have any questions or concerns.

House Parties



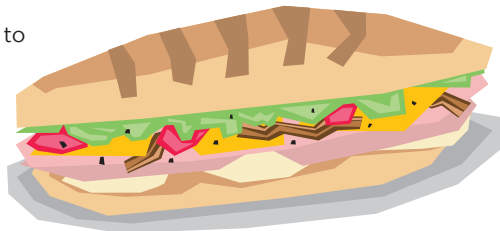
Do

- Only invite people that you know and make sure anyone consuming alcohol is at least 21.
- Have non-alcoholic drinks available.
- Serve alcohol in moderation.
- Provide food.
- Be considerate of your neighbors! Tell them about the event and keep the noise to a reasonable level.
- Make sure everyone can get home safely. This includes taking keys away from anyone who has had too much of a substance, making sure no one leaves alone, and having phone numbers for transportation readily available.
- Keep your keg inside.
- Keep guests inside.
- Clean up after the party.
- Avoid being under the influence in public places.
- Avoid drinking games and drink matching.
- Pace yourself.
- Count your drinks.
- Alternate alcoholic drinks with water.
- Eat before and during the party.
- Carry a valid picture ID.
- Know applicable laws and consequences (See page 7).
- Respect anyone's decision not to drink.

- Host
- Guest
- Both

Don't

- Have strangers or unknown guests.
- Have more guests than space or hang out in the driveway.
- Allow drug use.
- Disturb your neighbors.
- Allow guests to drink in excess.
- Let guests leave the party alone and/or with unknown guests.
- Let guests leave with open containers.
- Leave valuables out.
- Charge a cover for entry or sell drinks.
- Destroy or damage property.
- Leave drinks unattended.
- Ride with someone who has been drinking/smoking.
- Serve to anyone under 21.
- Carry a fake ID.
- Allow guests to drive drunk.
- Allow alcohol to be the focus.
- Share drinks.
- Accept cannabis or alcohol from an unknown source.
- Consume jungle juice/or alcohol from unknown sources.
- Do anything that makes you feel uncomfortable.



How You Can Reduce Your Risk

- Make a plan before going out if you are going to drink and how much
- Know your limit.
- Know that you can say "No".
- You can choose not to use substances or make alternative safer decisions, such as pacing yourself
- Stick with your friends.

Making a Plan for Getting Home

- Buses
- Lyft, Uber
- Local cab numbers
- Designated driver
- Knight Mover → 732-932-RIDE (7433)
Hours: 3:00am - 6:00am, Days: Mon - Thurs



Laws and Consequences

Social Host Liability Law & Underage Drinking

The Social Host Liability Law holds the host responsible not only for the injuries suffered by an intoxicated guest but also for injuries or death to third parties as a result of the actions of the intoxicated guest. Social host laws have particular relevance in the area of drinking and driving, with the host sharing the liability if an intoxicated guest is involved in an accident or death.

NJ Social Host Liability Law states that anyone who purposely or knowingly entices, encourages, offers, serves, or makes available alcoholic beverage to a person under the legal age to drink alcohol is committing a criminal act.

Furnishing Alcohol to a Minor

If you leave your residence (rented or owned) in the care of someone else with the intent of having alcohol at the residence available to minors, the owner/lessee could be held responsible for and charged with furnishing alcohol to minors in the state of New Jersey.



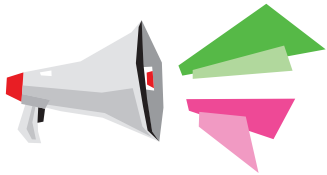
What if the Cops Get Involved?

If a Police Officer Shows Up:

- Answer the door and step outside to speak with the officer.
- Communicate respectfully and be cooperative.
- Ask questions for clarity regarding the reason for the visit.
- Follow any instructions given by the officer such as turning down the music or shutting down the party.
- Note the officer's name and badge number.

Don't be a Nuisance!

Noise Ticket: \$100-\$500 per violation for residents of Middlesex County.



Open Container Laws:

- The laws vary between towns.
- In New Brunswick, the penalty is \$100-\$1000 fine and/or a 90-day jail term.
- In Piscataway, the penalty is a fine and up to \$100 and/or a jail term of up to 15 days.

NJ DUI Information

In New Jersey, marijuana DUIs and alcohol-related DUIs are prosecuted under the same statute, which means that they are subject to the same penalties.

NJ Cannabis Law

- Must be 21 and older to use cannabis on private property.
- Landlords may prohibit use of cannabis on their property.
- It is illegal to transport cannabis across state lines.
- DUI laws apply to cannabis use.
- Possession of more than 6 ounces of cannabis is a crime.



Traffic Stop: What to Do if the Police Stop your Vehicle:

- Pull your vehicle over if instructed.
- Place your car in park and roll down the driver's window.
- Remain seated.
- Make your hands visible.
- Provide your driver's license, insurance, and registration.
- Do not argue with the officer regarding the reason for the stop.
- Ask about the nature of the stop if it is unclear.
- Note the officer's name and badge number.

Consumption and Possession of Alcoholic Beverages: Parks & Playgrounds

- It is unlawful to drink or possess an open or closed container or any alcoholic beverage in any township park or playground at any time unless issued a permit.
- Imprisonment not exceeding fifteen (15) days or both a fine and imprisonment.
- Fine \$100-\$250 dollars.

Driving Under the Influence

DWI (Driving While Intoxicated) in NJ:

- 21+ with a blood alcohol content of 0.08%.
- Under 21 and a blood alcohol content of 0.01%.
- Operating a commercial vehicle with a .04% blood alcohol content.

All DWI Arrests and Offenses Include the Following Penalties:

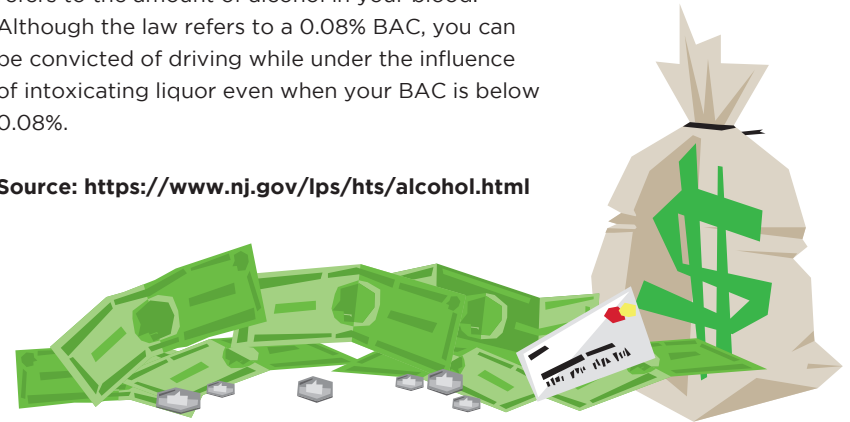
\$100 Surcharge for the Drunk Driving Enforcement Fund
\$100 Motor Vehicle Commission Restoration Fee
\$100 Violent Crimes Compensation Fund Fee
\$100 Intoxicated Driver Program Fee
\$125 MVC License Restoration Fee
\$75 Safe and Secure Community Program Fee

Fines and penalties vary depending on if you are a repeated offender.

Source: <https://www.nj.gov/lps/hts/downloads/dui-bro-eng.pdf>

In New Jersey, a person is guilty of drunk driving if operating a motor vehicle with a Blood Alcohol Concentration (BAC) of 0.08% or greater. BAC refers to the amount of alcohol in your blood. Although the law refers to a 0.08% BAC, you can be convicted of driving while under the influence of intoxicating liquor even when your BAC is below 0.08%.

Source: <https://www.nj.gov/lps/hts/alcohol.html>



Driving While Drunk in NJ

	1st Offense	2nd Offense	3rd Offense
 Fines:	\$250-\$400	\$500-\$1000	\$1000
License Suspension:	3 Months	2 Years	8 Years
Ignition Interlock:	Possible Installation 6 Months - 1 Year	1 - 3 Years	1 - 3 Years After License
Car Insurance:	Surcharge of \$1000 a Year for 3 Years	Surcharge of \$1000 a Year for 3 Years	Surcharge of \$1500 a Year for 3 Years
Jail:	Up to 30 Days	48 Consecutive Hours and up to 90 Days	Detainment in an Inpatient Alcoholism Treatment Program
	+ 6 Hours Per Day for 2 Consecutive Days at the Intoxicated Driver Resource Center		

Source: <https://www.nj.gov/lps/hts/alcohol.html>



Zero Tolerance Law:

Applies to individuals under 21 that drive with a detectable amount of alcohol in their system (0.1% BAC or above) penalties include:

- Loss or postponement of driving privileges for 30 to 90 days.
- 15 to 30 days of community service.
- Participation in an alcohol and traffic safety education program.

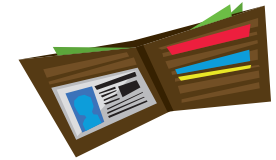
Consequences for Underage Drinking and Driving in NJ:

- \$500 fine if you buy or consume alcohol in a place with an alcohol beverage license.
- Possible loss of your driver's license for six months. If you don't have a license the suspension begins when you are first eligible to receive your license.
- Participation in an alcohol education program.
- Possible enrollment in a substance use treatment program.

Implied Consent Law:

Failure to submit to a chemical test (blood, breath or urine) will result in a fine and automatic license suspension. The Implied Consent Law means that anyone who operates a motor vehicle on public roads has given their consent to be drug tested by law enforcement if the officer believes they may be intoxicated.

- 1st Offense: 7 month license revocation.
- 2nd Offense: 2 year license revocation.
- 3rd Offense: 10 year license revocation.



Open Container of Alcohol in a Motor Vehicle:

- A person cannot consume an alcoholic beverage while operating a motor vehicle.
- The passenger in a motor vehicle cannot consume an alcoholic beverage while the motor vehicle is being operated.
- Regardless of age you cannot consume or possess an open container of alcohol in a motor vehicle.

Refusal to Submit to a Breath Test

	1st Offense	2nd Offense	3rd Offense
 Fines:	\$300-\$500	\$500-\$1000	\$1000
License Suspension:	7 Months - 1 Year	2 Years	10 Years
Ignition Interlock:	6 Months - 1 Year	1 - 3 Years	1 - 3 Years
Car Insurance:	Surcharge of \$1000 a Year for 3 Years	Surcharge of \$1000 a Year for 3 Years	Surcharge of \$1500 a Year for 3 Years
	+ \$100 Surcharge to Drunk Driving Enforcement Fund + Referral to Intoxicated Driver Resource Center		

In Addition to Legal Consequences, University Sanctions may Include:

- Referral to a Health Outreach, Promotion and Education (HOPE) education workshops.
- Referral to Counseling, Alcohol & Other Drug Assistance Program and Psychiatric Services (CAPS).
- Sanctions Ranging from Reprimand to Expulsion.

Helping Hand

Alternative Safe Rides:

- The Knight Mover Shuttle
732-932-7433 (RIDE)
- Rutgers Campus Buses
848-932-7817
- UBER
- Lyft



Helpful Resources

Counseling, Alcohol & Other Drug Assistance Program and Psychiatric Services (CAPS) 848-932-7884

Emergency (Police, Fire or Medical Emergency) Dial 9-1-1

Non-Emergency Rutgers University Police Department 732-932-7211

Off-Campus Living and Community Initiatives 848-932-5500

Office of Student Legal Services 848-932-4LAW (4529)

Rutgers Emergency Services and Fire Safety 732-932-4800 -or- 911

Reporting Crimes & Emergencies From Cellular Phones DIAL 732-932-7111

Rutgers University Office of Student Conduct 848-932-9414

Violence Prevention and Victim Assistance 848-932-1181

RUPD has a mobile safety app called **Rave Guardian** which is designed to help students, faculty/staff, and guests stay connected and able to easily access important campus safety resources. The app is free for both Apple and Android users.



Rutgers University–New Brunswick



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