

# Virginia Chiefs of Police (VACP) and Virginia Association of Campus Law Enforcement Administrators (VACLEA) #PartySafeVA Social Media Package 2019

Welcome to our 2019 Social Media Campaign! Please copy and paste these messages to your social media to help start a conversation encouraging and informing college students about how to party safe (#PartySafeVA), including preventing underage drinking, preventing the provision of alcohol to minors and the dangers of drinking and driving. Be sure to post messages and have the social media conversation engaged during the following dates and events using the relevant messages below:

- Back to Campus/Orientation (August)
- Homecoming (September, October)
- Winter Break Holidays (November, December, January)
- National Impaired Driving Prevention Month (Dec.)
- Superbowl Sunday, Mardi Gras (February 2020)
- St. Patrick's Day, March Madness, Spring Break (March)
- National Distracted Driving Awareness Month (April)
- Alcohol Awareness Month (April)
- Global Youth Traffic Safety Month, Cinco de Mayo (May)
- Graduation Celebrations (May – June)

## Preventing Underage Drinking and Provision of Alcohol to Underage Youth

1. It can wait. Underage drinking is illegal, not to mention dangerous and brain-altering. Don't wreck your future. #PartySafeVA
2. Know friends who drink underage? Remind them that it comes with a cost. Consequences include jail and/or a \$2,500 fine. Learn more: <https://bit.ly/2KyNFCA> #PartySafeVA
3. How do you stay safe when your friends are drinking? Don't follow along. Be a leader. You control your future. Underage drinking is illegal, and the consequences are real. #PartySafeVA
4. Do you drink because your friends drink? If you're not 21, don't drink. You are worth the wait. Your future is worth the wait. #PartySafeVA
5. Over 21 but have friends who aren't? Be aware that giving alcohol to underage youth is illegal. Don't wreck your party by going to jail! Jail time and/or a \$2,500 fine is no joke- they can wait! #PartySafeVA
6. Fake IDs = real jail time. Enjoy your youth by enjoying your freedom. #PartySafeVA
7. Be yourself. Be strong. Be unique. If you are underage, be sober. Your freedom depends on it. Underage drinking comes with consequences including jailtime and thousands in fines. #PartySafeVA
8. Don't give drinks to your underage friends. It's the law. Providing alcohol to anyone under 21 can send you behind bars. Know your responsibilities. <https://bit.ly/2KyNFCA> #PartySafeVA
9. Keep yourself safe. Keep your record clean. Your freedom is worth the wait. Underage drinking is illegal. #PartySafeVA <https://bit.ly/2KyNFCA>
10. If your friends aren't 21, know your responsibilities. Providing alcohol to an underage friend is punishable under the law. Don't risk finding yourself behind bars. #PartySafeVA

## Preventing Drunk Driving and Using Designated Drivers

11. #TFW your friends have been drinking but say they'll drive you home after the party...and you have to remind them that you actually love your life. [[Use THIS GIF](#)] #PartySafeVA
12. #TFW your peers joke about driving drunk. Wake up! Care about yourself and those around you. Designate a driver, hire a ride share, be smart. [[Use THIS GIF](#)] #PartySafeVA
13. At school on a scholarship? Congratulations! Don't ruin your hard work - trouble with alcohol can lead to revocation of scholarships. #PartySafeVA #TuesdayTip
14. Freshman year of college? Get to know your new friends sober. College friendships can last a lifetime – you'll want to remember them! Build meaningful relationships. #PartySafeVAPlan #WednesdayWisdom
15. Orientation is a great time to meet new friends and make lasting bonds. It's also a time to exercise good self-care and control. Stay safe. Make smart decisions and remember that underage drinking can land you in jail! [partysafeva.com](http://partysafeva.com) #PartySafeVA
16. So it's back to campus! Party safe with some fun outdoor games and get-togethers that you can remember! Set the tone with a sober party. We hope this is the best semester yet 😊 #PartySafeVA [[USE THIS GIF](#)]
17. Back to campus and celebrating with new freshmen? Remember your responsibilities and never provide alcohol to underage youth. Consequences include jail and/or a \$2,500 fine. Never worth it. #PartySafeVA
18. Are you the designated driver tonight? Thank you for saving lives! You are tonight's hero! #PartySafeVA #NationalImpairedDrivingPreventionMonth [[USE THIS GIF](#)]
19. If you're not the designated driver- be sure you know who is! Drunk driving not only lands you in jail and wrecks your car, but it can also kill. Save lives tonight and assign a sober driver. [partysafeva.com](http://partysafeva.com) #PartySafeVA
20. Back to campus? RT with ways you're keeping your grades up this year and pledge to keep your friends and others safe by never driving drunk. Always designate a sober driver! #PartySafeVA

## Alcohol-Free Lifestyle and Alternatives to Drinking

21. Reunite with alumni this #homecoming and enjoy the games and good times! Remember that you are in control. Never drink on an empty stomach and know your limits: <https://bit.ly/2f9ZuMh>
22. When the cold hits, bundle up with some good memories and make new ones. Host a game night, or a potluck dinner with friends. #PartySafeVA
23. This winter break relax with friends and family and gear up for next semester while working on some personal development. Learn more about how alcohol alters the brain over time and pledge to treat yourself well! <https://bit.ly/2lwKv3a> #PartySafeVA [[USE THIS GIF](#)]
24. Make your friends the center of the party, not alcohol. Your college friendships can last a lifetime. Cherish them. #PartySafeVA
25. Slurred speech, stumbling, and loss of control. Drinking affects your brain. Be a college student, not a toddler. #PartySafeVA [[USE THIS GIF](#)]

26. Stay in the green this St. Patrick's Day! Eat a balanced meal, designate a non-drinking driver and keep your goals in mind. Beware of the consequences that come with irresponsible decisions #jailtime #fines #revokedlicense #staygreen #PartySafeVA
27. Mardi Gras is here. Keep yourself safe and enjoy responsibly. Alcohol-free is the way to be this Mardi Gras. partysafeva.com #PartySafeVA
28. Spring Break is your chance for rest and relaxation. Take it easy this Spring Break and enjoy the sunshine while keeping your future bright! #PartySafeVA [\[USE THIS GIF\]](#)
29. Be your own weekend warrior. Designate a non-drinking driver for your safety and the safety of others. partysafeva.com #PartySafeVA
30. Athletes #DYK alcohol prevents muscle recovery, depletes your energy, cancels out gains from your workout and slows down the healing process? Don't ruin your hard work! partysafeva.com #PartySafeVA [\[USE THIS GIF\]](#)
31. #DYK women who drink more than one drink per day increase their risk for breast cancer? How you treat yourself in college matters! #PartySafeVA
32. #DYK the body treats alcohol as fat? Treat your body with respect and limit your drinking by designating sober days and rules for yourself. #PartySafeVA

## Seeking Help and Support for Impaired Students

33. See a friend in need? Designate yourself as a non-drinking friend tonight and keep an eye out for others. Help drive friends home safely and set an example. #PartySafeVA
34. #SaturdayScenario You're at a party and a group is playing a drinking game. You see some freshman looking uncomfortable and can tell they are feeling pressured to drink. What can you do? partysafeva.com #PartySafeVA <http://stepupprogram.org/topics/alcohol/>
35. Be aware that your blood alcohol level (BAC) is affected by pace of drinking, quantity of drink, gender, medications, mood, body mass and more. Know yourself and party safe before things escalate out of hand #PartySafeVA <http://stepupprogram.org/topics/alcohol/>
36. #DYK Alcohol leaves the system at .015 percent per hour. If your blood alcohol level is at .2 at 2am, it will not return to normal until 4pm the next day. Your performance at school, game day, and more would be completely altered. #PartySafeVA <http://stepupprogram.org/topics/alcohol/>
37. Help a friend by encouraging them to drink water throughout their night. Have them drink non-alcoholic beverages first and to not drink until they have eaten a full meal. #PartySafeVA
38. Alcohol addiction is very real and can start at any age. Beware and look out for friends in need. There are many resources that can help, including this substance abuse hotline: <https://www.hazelden.org/> #PartySafeVA
39. Warning signs of alcohol poisoning include slow breathing, cold/clammy/pale or bluish skin, unconsciousness, lack of response to stimuli such as pinching, vomiting while passed out. Seek help immediately for anyone in this condition! Alcohol poisoning can result in death. #PartySafeVA
40. There are many ways to help! Learn more about alcohol bystander intervention here: partysafeva.com #PartySafeVA <http://stepupprogram.org/topics/alcohol/>

## References

1. <https://www.nbc29.com/story/40085899/new-advisory-committee-will-address-alcohol-drug-use-at-colleges-and-universities-in-virginia>
2. [www.partysafeva.com](http://www.partysafeva.com)
3. <http://stepupprogram.org/topics/alcohol/#scenario>
4. <https://www.nhtsa.gov/risky-driving/drunk-driving>
5. <https://www.abc.virginia.gov/library/education/pdfs/vaguide4parents.pdf?la=en>
6. <https://www.northernvirginiamag.com/family/family-features/2017/09/07/how-to-start-the-conversation-about-college-drinking-with-your-kids/>
7. <https://www.nhtsa.gov/laws-regulations/impaired-driving>
8. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/time-for-parents-discuss-risks-college-drinking>