

Party Like A Bobkitten





**Why do college students
like to go out?**

Most students enjoy going out, spending time with friends,
and having a fun night out.

As Bobcats, we look out for each other, so today we're
going to share a few simple tips to help everyone stay safer,
make smarter choices, and prevent a fun night
from turning into a night of regrets.



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Granite Pass 159



Today's Goals

- Dispell the myth that all college students drink
- For those who choose to drink - provide education on how to drink responsibly
- Teach you about signs and symptoms of alcohol poisoning and opioid overdose and what to do in emergency situtations
- Share campus well-being resources



32.6% of UC Merced students reported
alcohol use within the last 30 days.

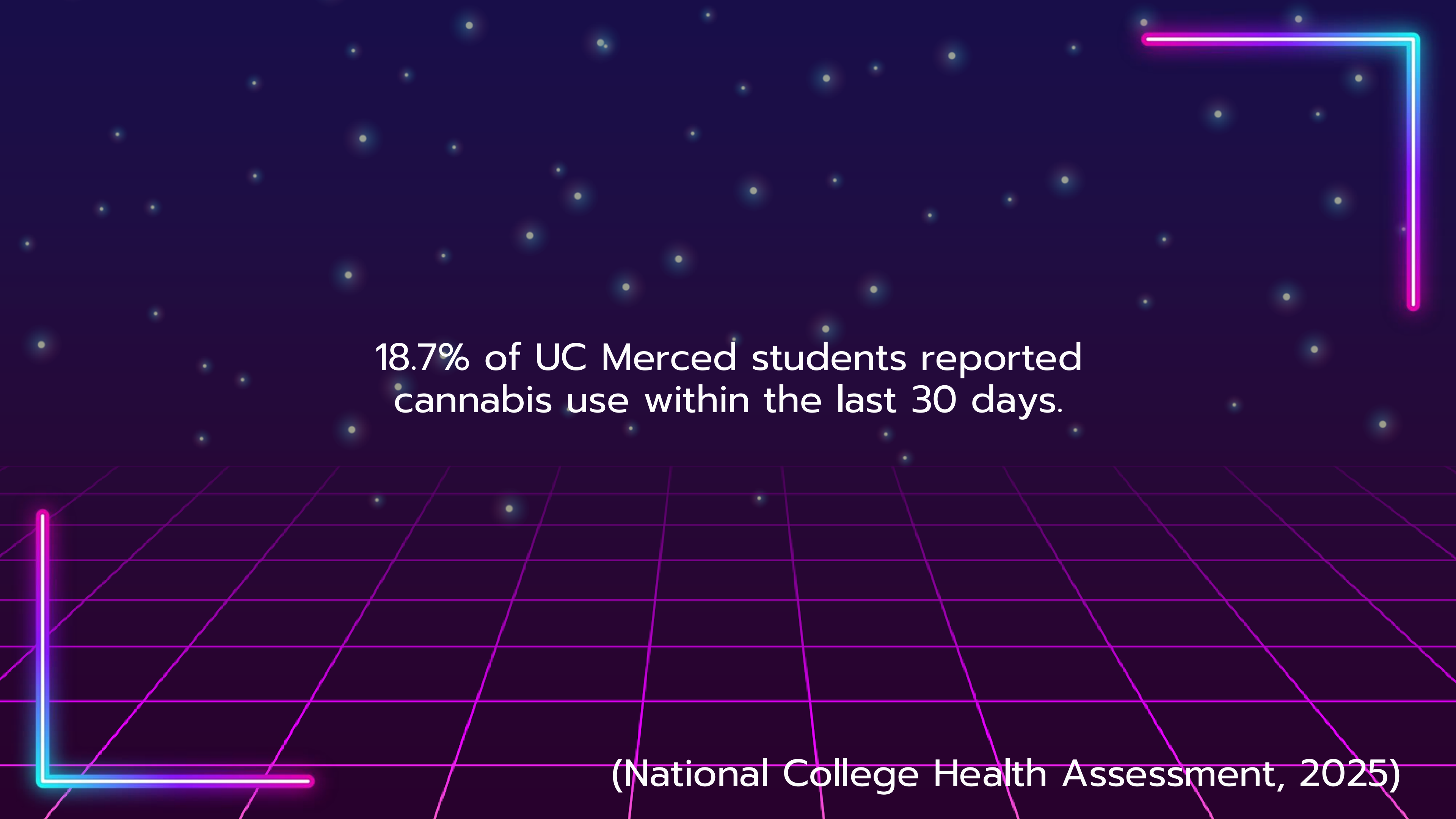
(National College Health Assessment, 2025)



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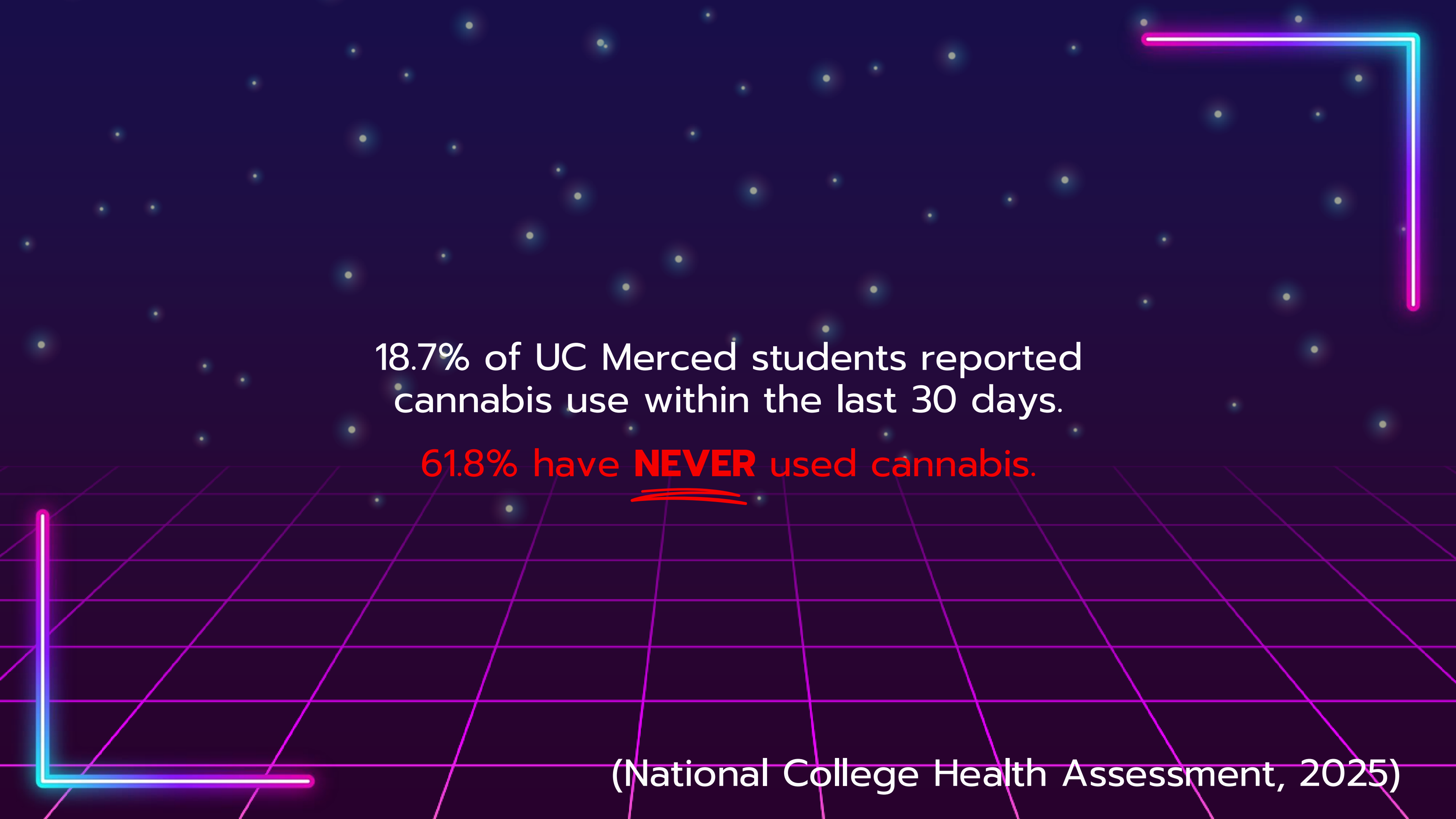
42.5% have **NEVER** used alcohol.

(National College Health Assessment, 2025)



18.7% of UC Merced students reported
cannabis use within the last 30 days.

(National College Health Assessment, 2025)



18.7% of UC Merced students reported
cannabis use within the last 30 days.

61.8% have **NEVER** used cannabis.

(National College Health Assessment, 2025)



Of the UC Merced students who reported alcohol use, 80.5% had 4 or fewer drinks the last time they drank alcohol.



(National College Health Assessment, 2025)

According to the National College Health Assessment (NCHA) 2025 UC Merced students reported the following negative consequences:

15.6% Brown out (forgot for short periods of time but they can remember when someone reminds them)

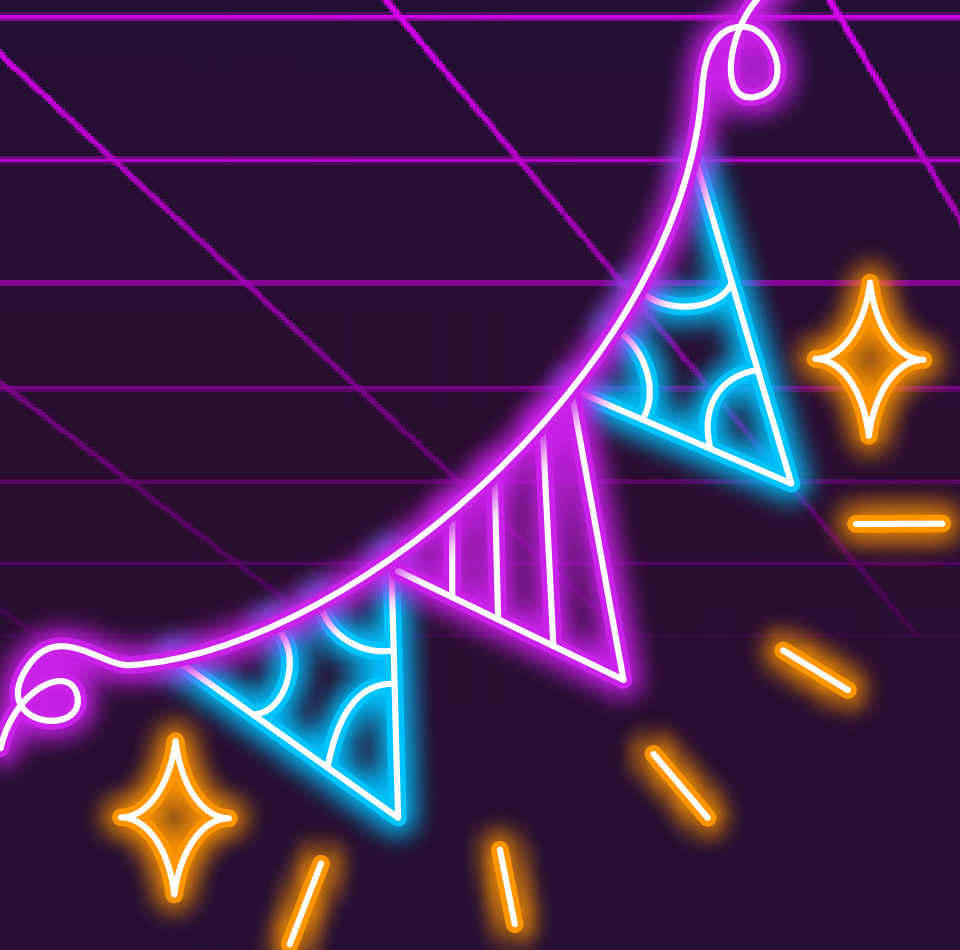
15.2% Did something they later regretted

13.8% Blackout

8.6% Had unprotected sex

6% Physically injured themselves

Other negative consequences: seriously considered suicide, someone had sex with them without their consent, got in trouble with University authorities, seriously injured another person



Create a Game Plan

- Plan for a designated driver
- Charge phone
- Hydrate
- Eat a full meal
- Use the buddy system
- Carry Narcan & condoms





If You Choose to Drink..

- Limit pre-gaming
- Pace yourself
 - Set a drink limit
 - Alternate alcoholic and non-alcoholic beverages
 - Avoid shots/chugging
- Know what counts as a standard drink



Did You Know?

The lines on a solo
cup are
measurement marks

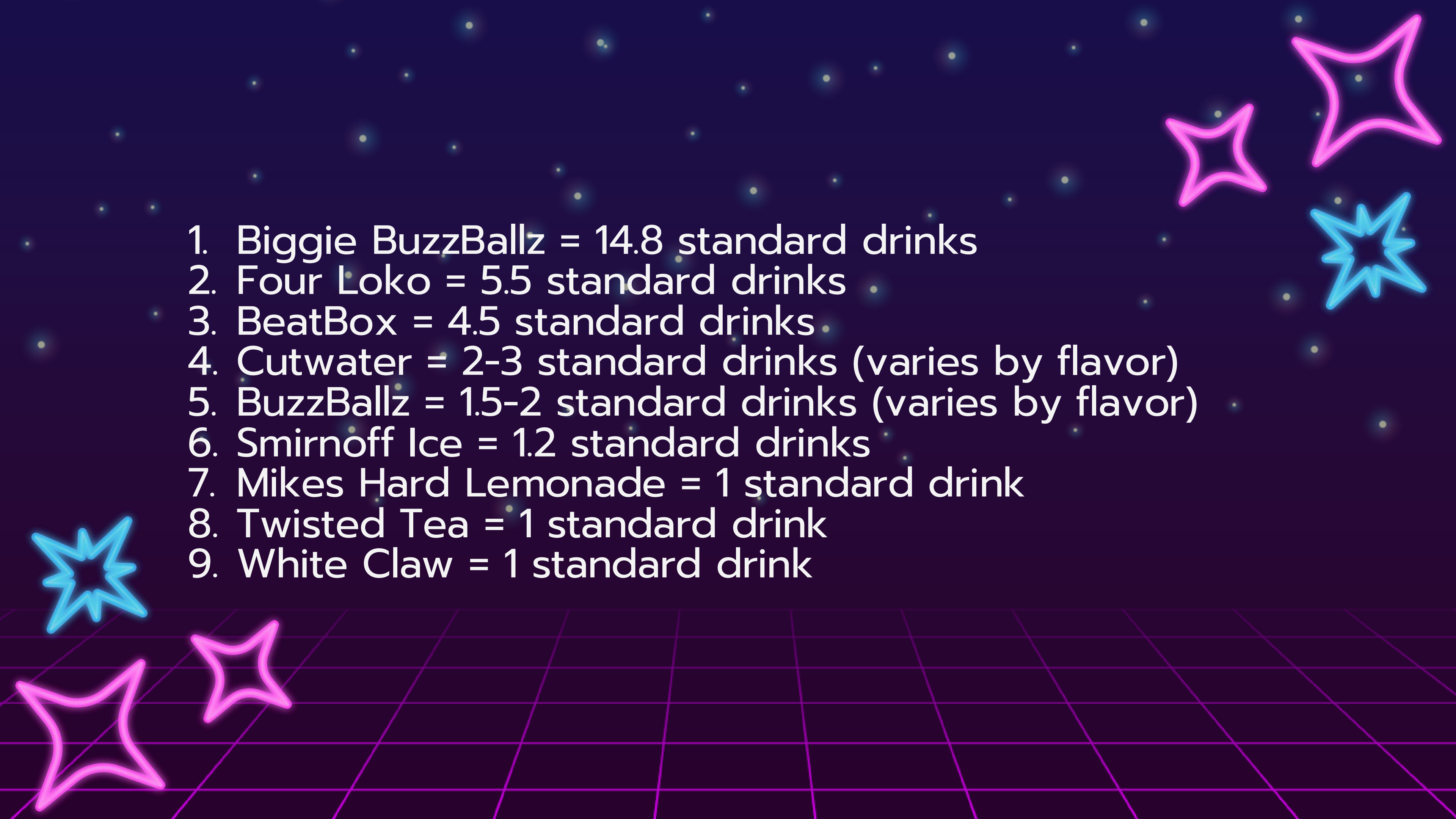


Rank the drinks from the highest to lowest number of standard drinks.



Correct Answers

1. Biggie BuzzBallz
2. Four Loko
3. BeatBox
4. Cutwater
5. BuzzBallz
6. Smirnoff Ice
7. Mikes Hard Lemonade
8. Twisted Tea
9. White Claw

- 
1. Biggie BuzzBallz = 14.8 standard drinks
 2. Four Loko = 5.5 standard drinks
 3. BeatBox = 4.5 standard drinks
 4. Cutwater = 2-3 standard drinks (varies by flavor)
 5. BuzzBallz = 1.5-2 standard drinks (varies by flavor)
 6. Smirnoff Ice = 1.2 standard drinks
 7. Mikes Hard Lemonade = 1 standard drink
 8. Twisted Tea = 1 standard drink
 9. White Claw = 1 standard drink

What is binge drinking?





Binge Drinking Defined

4+ drinks for females

(those with a mostly estrogen-based system)

5+ drinks for males

(those with a mostly testosterone-based system)

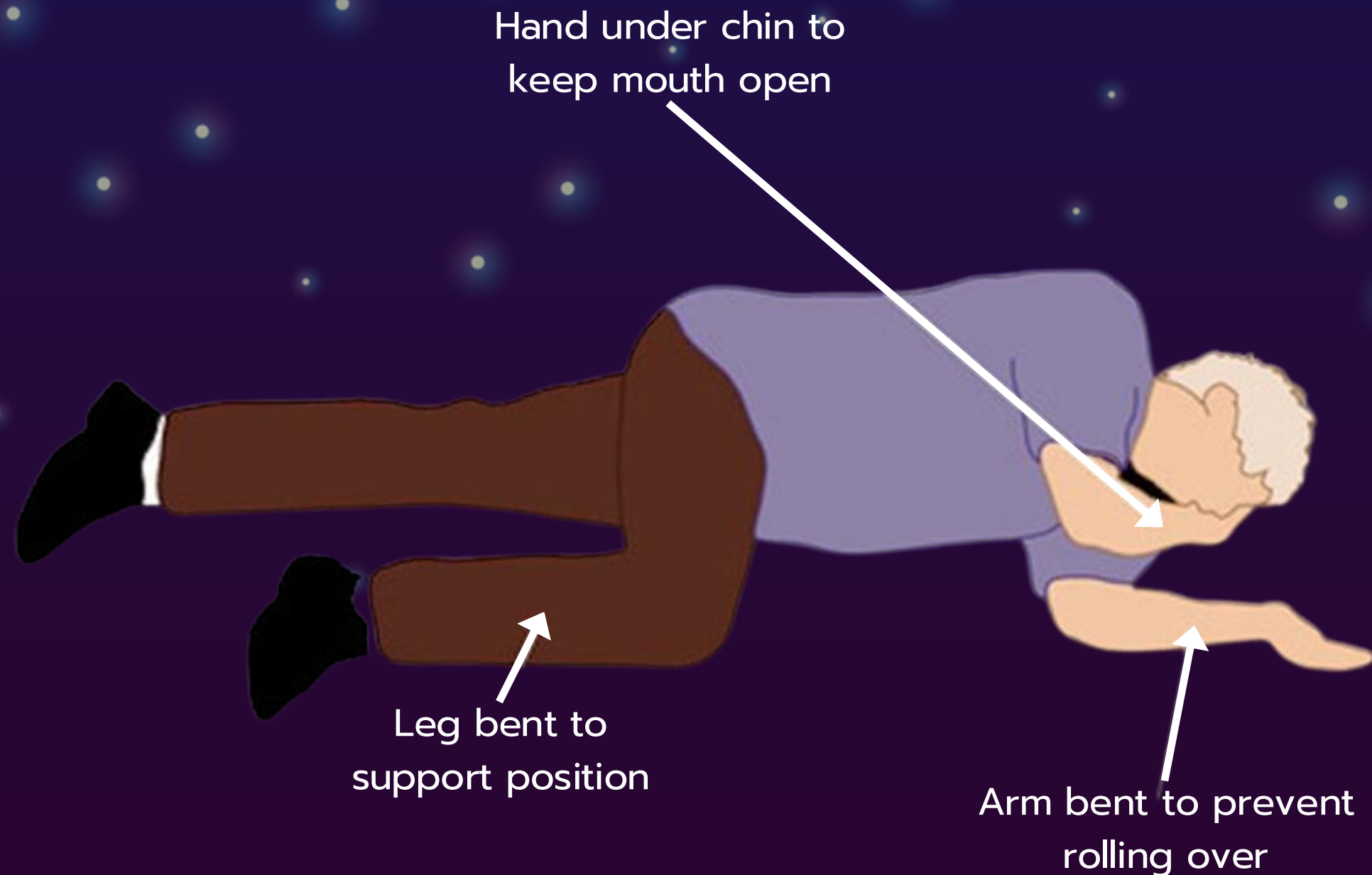
...in a 2-hour time span



Recognize Alcohol Poisoning signs

Remember CUPS

C - Cold, clammy skin
U - Unresponsive
P - Puking
S - Slow Breathing



In case of an emergency call 911, put the person in the recovery position, and wait for help to arrive.

If You're Going to Use Cannabis...

- Use legally regulated cannabis products
- Limit consumption
- Avoid “deep inhalation” while smoking
- Use low-potency cannabis products
 - ~30 sec. to feel the effects of joints
 - ~30 mins. to 2 hrs. to feel the effects of edibles

Greening Out

Bloodshot eyes

Rapid heartbeat

Nausea/vomiting

Dizziness/lightheadedness

Headache/migraine

Sweating

Panic attack

Disoriented/confused

Take the person to a safe, quiet place, and keep them calm and hydrated.

If symptoms worsen, call 911.

Polysubstance Use

The use of two or more substances

- Effects of drugs are unpredictable when they're mixed and it can increase the changes of a poisoning/overdose
- Avoid mixing substance together
- If you choose to use, stick to one substance and take or use less at a time.

Carry

Narcan

It might be a good idea to carry Narcan (Naloxone) if you think you may be at a party where opioids are present



Educated and equipped bystanders can help save lives by taking steps to reverse an opioid overdose while waiting for Emergency Medical Services to arrive.

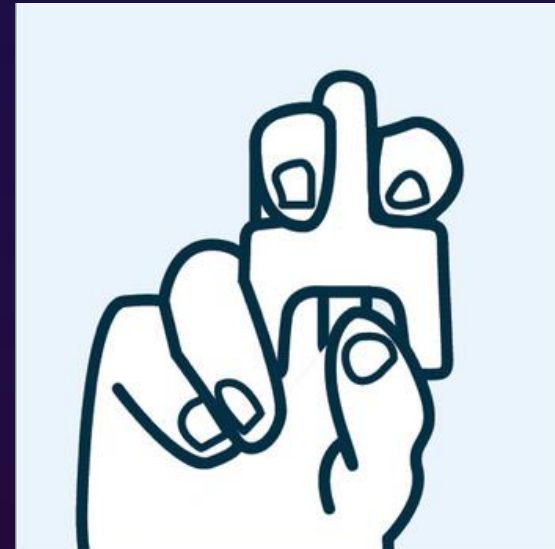
Opioid Overdose Signs & Symptoms

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak or no breathing
- Choking or gurgling sounds
- Limp body
- Cold/clammy skin
- Discolored skin, especially in the lips and nails

How to Administer Naloxone (Narcan)



Remove Narcan
from box



Hold with your
thumb, first and
middle fingers



Insert tip into
either nostril



Press the
plunger firmly

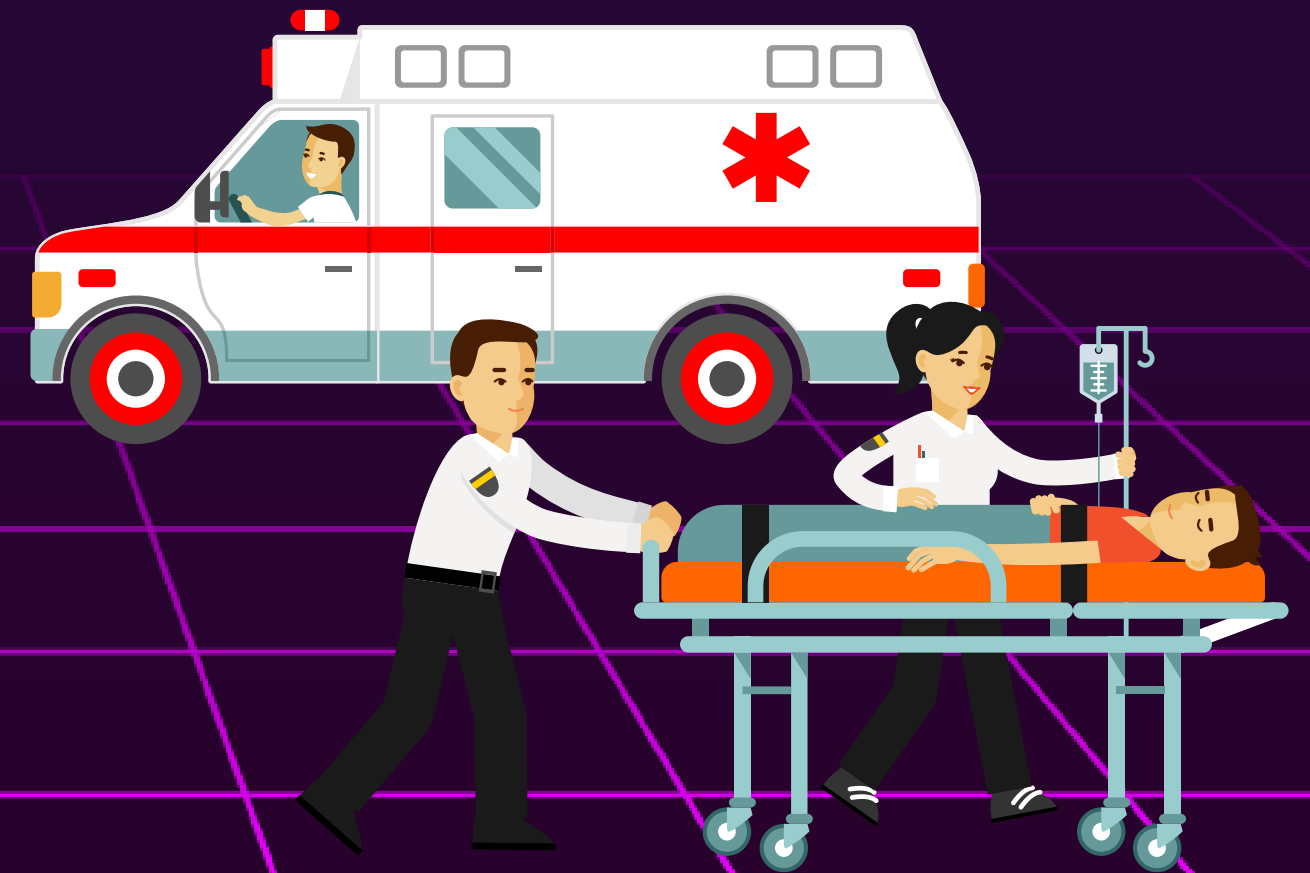
Naloxone is available in the following areas:

- Health Promotion Office (Granite Pass 159)
- Wellness Kiosks in the Library & Half Dome Marketplace
- Housing Offices:
 - Glacier 166
 - Terraces Center 110

Medical Amnesty

at UC Merced (July 1, 2026)

- Students who seek medical treatment for an alcohol- or drug-related medical emergency, either for themselves or another student, will not face disciplinary action for related policy violations as long as certain conditions are met.





**What strategies can you use to
have safer night out?**

Eat a full meal &
hydrate before
drinking

Use the
buddy
system

Carry Narcan

Pace
Yourself

Drink one kind of
alcohol

Avoid
shots/chugging

What strategies can you use to have safer night out?

Designate a sober
driver

Set a drink
limit

Alternate alcoholic drinks with non-
alcoholic

Carry
Condoms

Know what counts as a standard
drink

AlcoholEdu Training



- AlcoholEdu is an online training **for all incoming students** that helps enable students to make healthier decisions through responsible drinking education.
- Please watch for an e-mail inviting you to take the training
- Training is due **October 7th**.



Office Hours

Mon. - Thurs.: 10:00am - 5:00pm

Fri.: 11:30am - 5:00pm



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