

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Alcohol, Tobacco, and Other Drugs

September 26th, 2022

IUP HOMECOMING 2022!

Homecoming is a time of tradition and camaraderie. IUP's first homecoming football game took place in 1933. Fourteen years later, in 1947, the first homecoming parade was organized. Each year, IUP's homecoming draws more than 20,000 people to Indiana, including alumni, family, friends, and community. During this time of celebration, it is important to make responsible decisions and be aware of what is going on around you.


Homecoming is a busy time. Police officers are out in full force to assure the safety of the students and residents of Indiana. If you are under 21 or if you drink to excess, you are at risk of being cited.

University Events

Friday September 30th

- ◇ 6:30PM Tarot Card Readings & Reiki (HUB)

Saturday, October 1st

- ◇ 10:00 AM - Homecoming Parade
*Theme: Superhero's
- ◇ 1:00 PM—Football Game 
- ◇ 9:00PM to 12:00AM—Homecoming Late Night Party, trivia, games, bingo and food! (Folger Student Center)



NARCAN is a potentially life saving drug for opioid overdoses. A small nasal spray, can be administered in three easy steps, peel, place, press, can help reverse the effects of an opioid overdose

Find NARCAN in all of the residence halls and the HUB! E-mail the ATOD office for a free box

Respect the Reason

Drinking alcohol is a choice, support those who stay sober, and "no," is a valid reason not to drink.

ACT 66

Call for Help **Stay** with Your Friend **Talk** with Authorities
Under ACT 66, a person under the age of 21 will be protected from prosecution for the possession or consumption of alcoholic beverages if law enforcement, including campus police, became aware of the possession or consumption solely because the individual was seeking medical assistance for someone else. The person seeking the assistance must reasonably believe he or she is the first to do so, must use his or her real name with authorities, and must stay with the individual needing medical assistance.

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Sober Suggestions

Having fun and celebrating, doesn't require a drink or a drug!

- ◇ Make Mocktails i.e Club soda, Orange Juice and Cranberry
- ◇ Play Outdoor games ie. Cornhole, Basketball
- ◇ Come to Friday night bingo and win amazing prizes! (HUB, Ohio Room, 9:30pm)
- ◇ Host a movie or trivia night. *ATOD Staff suggestion: Top Gun Maverik or The Great British Baking Show*



If You Choose to Drink...

- ◇ Set a drink limit ahead of time
- ◇ Avoid the pre-game warm up
- ◇ Alternate between alcoholic and non-alcoholic beverages.
- ◇ Know what's in your drink (mixed drinks and/or punch may contain more alcohol then you can taste).
- ◇ Eat before you drink
- ◇ Don't accept open containers from other people

Alcohol Poisoning:

Recognize the signs of alcohol poisoning:

Semi-consciousness or unconsciousness, Slow or irregular breathing, Changes in skin temperature or color. If anyone is experiencing these symptoms CALL 911 IMMEDIATELY. PA law protects you.

Questions or comments can be directed to the Alcohol, Tobacco, & Other Drug Program in the Center for Health and Well-Being: Suites on Maple East - Suite G59 901 Maple Street, Indiana, PA 15705 Phone: (724) 357-1265 email: atod-oasis@iup.edu