

Sober Friend Agreement

I agree to be responsible for this student's safety and wellbeing for the remainder of the night. This responsibility entails. I will contact Public Safety 802.443.5911 or calling 911 if there is any concern for my friends or my own safety or wellbeing, or if I am otherwise unable to complete the aforementioned responsibilities

For the remainder of the night I will:

- ✓ be present with my friend
- ✓ remain sober myself
- ✓ not allow my friend to consume alcohol or use drugs
- ✓ not allow my friend to operate an automobile or take part in other dangerous acts
- ✓ watch for signs of alcohol poisoning

Signs of alcohol poisoning:

- vomiting
- unconsciousness (cannot be roused) or mental confusion
- breathing that is slow or irregular (less than 8 times per minute or 10 seconds or more between breaths)
- skin that is pale, cold, clammy, or bluish
- seizures

The blood alcohol concentration (BAC) of someone who has consumed a large quantity of alcohol can continue to increase, even if someone is asleep or unconscious. It is important to remain vigilant for signs of worsening condition, which may take many hours, observing the intoxicated person until the person is showing signs of improvement, is able to get up on their own, and walk and speak normally.

Time is the only way for your friend to regain sobriety.

People who show signs of alcohol poisoning and/or who are unconscious are at high risk for brain damage and even death. It is better to have a friend who is embarrassed, angry, or upset the next day than dead.

DO	DON'T
<ul style="list-style-type: none"> • Help them stay awake until dizziness subsides • Check for consciousness by nudging and calling their name until you get a response • Help them lie on their side if they want to go to sleep • Explain your actions before touching, moving, or approaching them, particularly in the case of someone who is belligerent or violent 	<ul style="list-style-type: none"> • Do not give food, beverages, or medication* • Do not offer coffee/caffeinated drinks** • Do not shock them in a cold shower** • Do not attempt to restrain them without sober help • Do not laugh, make jokes, anger, or threaten, particularly in the case of someone who is belligerent or violent

* eating and drinking can increase the risk of choking from vomiting in people who are intoxicated

** caffeine and dramatic changes in temperature increase stress on the body and can mask the signs of intoxication, making it harder to recognize when someone needs emergency medical attention.