



WOLVERINE WELLNESS  
UNIVERSITY OF MICHIGAN

# A GUIDE TO SOCIAL GATHERINGS

**YOU HAVE THE ABILITY TO CHANGE OUR COMMUNITY CULTURE AND CREATE INCLUSIVE SPACES.**

Events are a great way for the community to come together and celebrate a wide range of occasions (team parties, birthdays, graduation, etc.).

Whether attending an event or hosting one where alcohol is present, this guide can help you consider how to create the best experience for all participants.

Learn the Michigan Hosting Laws: <https://uhs.umich.edu/hosting>

## COMMUNICATE EXPECTATIONS



- Talk about alcohol expectations with your friends before going out.
- Share strategies you use to Stay in the Blue, like hydrating, eating, and pacing yourself.
- Make a plan for how you will handle anyone who is too intoxicated.
- When in doubt, call for help. Learn about medical amnesty.

## CONSIDER THESE QUICK QUESTIONS



- How do you want to show up for yourself and your community so that everyone enjoys themselves?
- What conversations do you need to have for understanding the expectations of the event?
- What are your boundaries when you consider social gatherings?

## BE WELCOMING AND INCLUSIVE



- Many students choose not to drink because of religious or cultural beliefs, being under 21, illness, family history, or being in recovery.
- Minimize the role that alcohol plays in your day to avoid things you don't want (e.g., lost phones, arguments, injuries, MIPs or other citations).
- Connect with friends without glorifying high-risk behavior (shots, drinking games, mystery punch bowls, etc.).

## IF YOU'RE GOING TO SERVE ALCOHOL



- Use clear, plastic containers for alcoholic drinks to make them distinct. Serve soda and water in their original cans and bottles.
- Provide high-protein food options, water, and non-alcoholic drinks.
- Set limits on how many drinks can be consumed at a time.
- Serve standard sized drinks (12 oz. beer, 5 oz. wine, 1 shot mixed drink). Avoid shots and mystery alcoholic punches.
- Limit drinking games or contests, and avoid using alcohol for prizes.



**LEARN MORE WAYS STUDENTS STAY IN THE BLUE!**

Stay in the Blue to get what you want while avoiding the stuff you don't want. Remember, thousands of students choose not to drink, and when they do, they have 4 drinks or fewer.

This guide was created by Wolverine Wellness students. It includes evidence-based practices for positive experiences when alcohol is served.