Spring Recess and Spring Break are longstanding traditions that students often look forward to. As students plan for break activities, Student Affairs reminds you that health and safety should be priorities. Please take a few minutes to plan your break activities in a manner that incorporates health and safety practices.

Whether you are traveling or staying local, the following tips can help ensure you have a safe and fun Spring Break:

- Be aware of your surroundings at all times
- Exercise caution in unfamiliar areas
- Avoid over exposure to the sun. Use sunscreen and drink plenty of water
- Never leave a party with someone you don’t know (or let a friend do so)
- Always let someone know where you're going and when you'll be back
- Always make sure that you are dealing with a reputable travel agent
- If staying in a hotel, keep your door locked and always leave the hotel with friends
- Visit only legitimate business and tourist areas during daylight hours

Campus Safety Tips  

Traveling Abroad  
The U.S. Department of State Travel Department provides information and tips on traveling abroad - [http://travel.state.gov](http://travel.state.gov)  
If you are traveling out of the country for Spring Break, sign up for the FREE Smart Traveler Enrollment Program. By enrolling, your family will be able to contact you if there is a family emergency or a crisis in the place you are visiting. To register, visit:  
[https://travelregistration.state.gov](https://travelregistration.state.gov)

Other sources for planning a safe and fun Spring Break trip:  
[https://students.asu.edu/wellness/springbreak/hydration](https://students.asu.edu/wellness/springbreak/hydration)  
If you choose to drink….

- Eat before and while you are drinking
- Know the drinking laws at your travel destination
- Set a drink limit before you start drinking and stick to it
  - Space and pace your drinks. A good rule is no more than 1 drink per hour
  - Alternate alcoholic drinks with non-alcoholic drinks
  - Avoid mixing different types of alcohol, (ie. Beer and hard liquor)
  - Avoid mixed beverages, juices, and punches where you are uncertain of the alcohol content
  - Avoid drinking games and high risk drinking
- Be careful of mixing alcohol with any medications; consult with your doctor
- Don’t accept open containers from others
- Never leave someone alone who becomes ill after drinking
- Avoid horseplay or reckless physical activities. Falls can be fatal
- Don’t drive or get into a car with someone who has been drinking
- Be aware that excessive drinking can lead to instances of violence and sexual assaults

MISSOURI S&T FACTS - Most Miners Make Responsible Choices

- S&T students are less likely to drink than the average Missouri college student:
  - 27% abstain from alcohol consumption compares to 21% state wide
- 98% do not use fake IDs
- 85% have not used marijuana in the past year.
- 84% have not used prescriptions which were not prescribed to them.
- 89% do not always drink during St. Pat’s activities
- 86% always wear a safety belt

Of S&T students who choose to drink:

- 92% drink alcohol slowly rather than gulping or chugging.
- 89% have used a designated driver in the past year.
- 80% count their number of alcoholic drinks
- 94% want someone to step in and do something if they were drinking to the point of hurting themselves
- 92% do not engage in risky sexual behavior as a result of alcohol consumption
- 77% were negatively impacted, in one or more ways
Sex and Alcohol: A Dangerous Combination

- On college campuses, **1 in 4 women** are victims of rape or attempted rape. 84% of those women knew their assailant, 57% of those rapes happened on a date.
- More than **70,000 students ages 18-24** are victims of sexual assault or date rape in which alcohol was involved.
- **55% of female** students and **75% of male students** involved in acquaintance rape admit to having been drinking or using drugs when the incident occurred.
- **90% of all campus rapes** occur when alcohol has been used by either the assailant or the victim.
- At least **one out of five college students** abandon safe sex practices when they're drinking

Remember, **92% of S&T students choose not to engage in risky sexual behavior as a result of alcohol consumption.** If you have questions or concerns regarding any form of sexual discrimination, harassment, or violence contact the S&T Title IX Coordinator. Title IX is a federal regulation that protects against sexual discrimination in educational programs and activities. This includes things such as sexual harassment and violence. Additional Title IX information is available on the S&T Title IX Website - [http://titleix.mst.edu](http://titleix.mst.edu).

Additional student resources, including a comprehensive **Sexual Misconduct brochure**, are available at: [http://communitystandards.mst.edu/sexualmisconduct](http://communitystandards.mst.edu/sexualmisconduct)

**Title IX Coordinator:**

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**Sources:**

- [www.vanderbilt.edu/alcohol/springbreak.html](http://www.vanderbilt.edu/alcohol/springbreak.html)
- [www.factsontap.org](http://www.factsontap.org)
- [www.longwood.edu/health/safespringbreaktips.htm](http://www.longwood.edu/health/safespringbreaktips.htm)