Spring Break Safety

It's that time of the year again???
Always remember to wear eye protection

Sunscreen is a must!

Wear a hat to protect your head and ears

Keep hydrated with plenty of water and always carry a beach umbrella with you in case you get hot

DO NOT overexpose your body to the sun
Too much sun???

- After a long day in the sun moisturizing is essential.
- If you burn slightly use aloe. If spots or nausea are your symptoms you may want to contact a doctor to make sure that you do not have sun poisoning, because it can happen.
- If you burn, do not lay in the sun the next day because it will only get worse :(  

Do NOT drink and drive!

If you are going to drink do so responsibly; do not drink alone or with people you are unfamiliar with

Do not set your drink down anywhere and leave it because someone could slip drugs into your drink... If this happens just buy a new one. Its better to be safe than sorry
SAFE SEX

- Wear protection!
- Do NOT put yourself in a situation where you do not know anyone and you are drinking
- Never go anywhere alone, use the buddy system... it still works :)
- If you get stuck in a sticky situation be sure you have a sober friend that can come get you. Also if you do leave tell someone where you are going
ROAD TRIP

» Always have a sober driver
» Do not travel with drugs or alcohol in the car
» Buckle up; it is a law now!
» Do not distract the driver
» No loud music; everyone needs to be aware of what is happening on the highway
» Have extra cash on hand for emergencies
Almost There

- Have a map on hand - getting lost is no fun
- Have a safety kit and first aid kit in the car
- Plan ahead and have a planned route
- Talk about safety plans with friends so no accidents occur
- Most importantly have fun and make memories :)

Have your map and first aid kit with you.
Statistics show.....

- 1.5 million students go on spring break every year
- Students spend $1 Billion dollars on spring break each year
- 80% of parents are worried about their kids drinking
- 71% of parents are concerned about unprotected sex
76% of male college students want to sleep with someone they meet while on spring break.

Only 19% of women have the same plan.

Statistics found on http://didisworld.wordpress.com