

# UNC ALCOHOL POLICY

ALCOHOL.UNC.EDU

## PURPOSE

The Alcohol Policy is designed to support the larger mission of the University and to promote the values of honor and integrity, personal responsibility, dynamic learning, and community engagement. Through incorporation of a public health perspective, this policy strives to cultivate an educational environment that encourages healthy and responsible behaviors, fosters academic and personal success, supports student retention, and promotes the safety and well-being of all members of the University community.

## SANCTION PHILOSOPHY

The outcome for a student or organization with a finding of responsibility is intended to educate and improve responsible decision-making, as well as hold students accountable for the expectations set forth in the policy.\*

## OSC CONTACT



919.962.0805



[studentconduct.unc.edu](http://studentconduct.unc.edu)



SASB North, Suite 2105

OSC advises the Honor System! See the Honor Code here: <http://instrument.unc.edu>

## COMMUNITY EXPECTATIONS

STUDENTS AND STUDENT ORGANIZATIONS SHOULD ONLY ENGAGE WITH ALCOHOL IN WAYS THAT RESPECT THE HEALTH AND SAFETY OF THEMSELVES, THE CAROLINA COMMUNITY, AND THAT ALIGN WITH THE LAW.

### Individual students

For example\*: only purchase, possess, or consume alcohol if at least 21 years of age, only use ID that accurately and completely represents your identity at time of use, only provide alcohol to others who are at least 21 years of age, and only have open containers of alcohol in private places.

### Student Organizations

For example\*: only serve alcohol to individuals if at least 21 years of age, in individually measured standard drink amounts, with a maximum number of drinks, and either via BYOB or served by a trained and licensed third-party vendor.

## HOW IT WORKS



INCIDENT REPORTED



INITIAL MEETING WITH PROFESSIONAL STAFF



IF CHARGED, MUTUAL RESOLUTION OR HEARING

\*COMPLETE POLICY STATEMENT AND AVAILABLE SANCTIONS CAN BE FOUND ON [ALCOHOL.UNC.EDU](http://ALCOHOL.UNC.EDU)

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## REDUCING RISK

CONSIDER CHOOSING PLACES AND EVENTS WHERE ALCOHOL IS NOT AVAILABLE.

IF YOU CHOOSE TO ENGAGE WITH ALCOHOL, THERE ARE WAYS YOU CAN REDUCE THE RISK TO YOURSELF AND OTHERS.

### Stay hydrated with non-alcohol

For every alcoholic drink you have, your body can expel up to four times as much liquid. Because alcohol is a diuretic, dehydration happens quickly. Consider alternating alcoholic beverages with water to reduce dehydration.

### Stay with friends who are sober

In the company of sober and trusting friends, you're likely to remain safe knowing someone can get help if something goes wrong.

### Pace yourself and avoid drinking games

It takes about two hours for the adult body to completely break down a single drink. Consider pacing yourself by avoiding drinking games and consuming only one alcoholic drink per hour in order to help keep track of how much you've consumed.

### Take precautions

If you are going to engage with alcohol, consider precautions like avoiding use of machinery/vehicles and having a designated driver, staying away from bodies of water like a swimming pool or lake, and being sure you have consent and protection prior to any form of sexual activity.

### BAC (blood alcohol content)

BAC is the ratio of alcohol to other body fluid, and is calculated using many factors. Calculate your BAC on [alcohol.unc.edu/staying-safe](https://alcohol.unc.edu/staying-safe)

## MEDICAL AMNESTY

The University wishes to promote an environment where students are encouraged to seek help without the added fear of disciplinary repercussions from the University.

Medical Amnesty withholds disciplinary action for students when they seek or accept emergency medical treatment due to the consumption of alcohol and in situations where a student may have experienced some form of sexual or interpersonal violence, or otherwise have been the victim of a crime.

## KNOW THE SIGNS

Call 911 when someone...

- is throwing up
- has passed out and cannot be woken up
- exhibits incoherent speech
- has shallow breathing
- is pale, bluish, or has clammy skin

## ADDITIONAL RESOURCES

### Office of Fraternity & Sorority Life

[carolinaunion.unc.edu/departments/student-life-leadership](https://carolinaunion.unc.edu/departments/student-life-leadership)

### Student Life & Leadership

[carolinaunion.unc.edu/departments/fraternity-sorority-life](https://carolinaunion.unc.edu/departments/fraternity-sorority-life)

### Student Wellness

[studentwellness.unc.edu](https://studentwellness.unc.edu)

### Counseling & Psychological Services

[caps.unc.edu](https://caps.unc.edu)

### Gender Violence Services Coordinators

[gvsc.unc.edu](https://gvsc.unc.edu)

### Equal Opportunity & Compliance Office

[eoc.unc.edu](https://eoc.unc.edu)