

University of Mississippi

eGrove

University of Mississippi News

9-11-2012

Be A Safe Rebel

admin

Follow this and additional works at: <https://egrove.olemiss.edu/umnews>

Recommended Citation

admin, "Be A Safe Rebel" (2012). *University of Mississippi News*. 555.
<https://egrove.olemiss.edu/umnews/555>

This Article is brought to you for free and open access by eGrove. It has been accepted for inclusion in University of Mississippi News by an authorized administrator of eGrove. For more information, please contact egrove@olemiss.edu.

Be A Safe Rebel

SEPTEMBER 11, 2012 BY ADMIN



To our Ole Miss Students,

On behalf of the University of Mississippi, the Office of Health Promotion encourages students to make good choices and behave responsibly during the upcoming week. Oxford and Ole Miss are expecting thousands of visitors to join us for what may be the largest tailgate ever seen in The Grove. ***Let's welcome the University of Texas fans with our Mississippi hospitality and show them how we tailgate and celebrate responsibly.***

If you choose to consume alcohol, be smart and set safe limits, avoid drinking games and rapid consumption, stay hydrated, and use a designated driver or taxi. The University of Mississippi is a family, and we look out for one another and take care of each other. Irresponsible behavior, misuse of alcohol and/or drugs, vandalism and violence is not the Ole Miss way and will not be tolerated.

Whether you are in The Grove or out on the town, pay attention to your surroundings and take measures to keep yourself and your friends safe. If you see a friend, family member or student in need, do not hesitate to contact UPD (662-915-7234) or the Oxford Police Department (911) for help. We encourage you to save these numbers along with a taxi company of your choice into your mobile device.

Be Safe Rebels and Hotty Toddy!

Erin Murphy Cromeans

Assistant Director for Health Promotion

662-915-6543

Kickoff Ole Miss football games with these tailgating tips!

Fall is in the air, and there's nothing like The Grove and Ole Miss football! Enjoy the best tailgating experience in the U. S. and SEC college football right here on our beautiful campus! Have fun and be safe!

Tip #1: If you choose to drink alcohol, do so without taking additional risks.

- Set limits- know how much you can consume safely before you begin drinking.
- Avoid drinking games- they may seem fun but lead to rapid consumption (which is illegal on the Ole Miss campus) and increase the risk of alcohol poisoning.
- Monitor your Blood Alcohol Content- keep track of how many standard drinks you are consuming over time.
- Eat delicious "Grove" food throughout the day!
- Alternate alcohol and non-alcoholic drinks- the key is staying hydrated. ***Remember, water is your friend!***

Tip #2: Watch your drink

- The Grove is an open space, and we host thousands of visitors during every home game. Be aware of your surroundings. If you leave your drink unattended, toss it and get a new one, and never take a drink from a stranger.

Tip #3: Eat plenty of food

- Enjoy The Grove food! Most of our football games have late start times, so it is especially important to eat three full meals during game day as well as sampling all the delicious snacks people have in their tents. Drinking alcohol on an empty stomach is never a good idea.

Tip #4: Make sure you have a designated driver or a taxi

- If you choose to drink alcohol, have a safe plan for getting home. Be sure to have a **designated**

Follow us on social



Campus Briefs

Students Learn 'Real Politics' in Washington, D.C., Winter Session

OXFORD, Miss. – Eleven University of Mississippi students spent their winter break learning about the people who work behind the scenes of the American government in Washington, D.C. Lead by Jonathan Klingler, assistant professor of political science, the students of Pol 391: Applied Politics met not with candidates, but with the people who make candidates'

[Read the story ...](#)

More Posts from this Category

Thank You To Our Donors

Young Alumna Gives Back to School of Accountancy

OXFORD, Miss. – Stephanie Jennings Teague, of Chicago, sees her commitment of \$100,000 to the Patterson School of Accountancy's new building at the University of Mississippi as a means of saying "thank you." "It is a way to show a small token of my appreciation to Ole Miss, the faculty and staff, and the accounting

[Read the story ...](#)

More Posts from this Category

Ole Miss In the News

Reuters: Keep an Eye on the Money Supply

U.S. inflation roller coaster prompts fresh look at long-ignored money supply By Michael S. Derby NEW YORK – The amount of money sloshing around the U.S. economy shrank last year for the first time on record, a development that some economists believe bolsters the case for U.S. inflation pressures continuing to abate. The Federal Reserve's

driver or the number for a **taxi**. Remember walking is NOT necessarily a safe alternative to drunk driving. If you or a friend is intoxicated, call a sober friend or get a taxi. Rebel Ride also is available for those who need a ride back to campus from the Square.

Tip #5: Buddy system – take care of your friends

- Whether you are in The Grove or out on the town, watch out for each other. Pay attention to your surroundings, and if you see a friend who has over indulged, encourage him or her to either leave with you or consume a nonalcoholic beverage. Remember, people do not make the best choices when they are drinking. Be a responsible friend if you see your friend has had too much to drink. At Ole Miss we are family, and we take care of one another.
- Make sure you or your friends do not wander off alone or with a stranger. Although most sexual assaults occur by someone the victim knows, they can occur by new acquaintances and strangers. No matter how nice a person may seem, if you do not know the person, do not accept a drink or a ride home from him. Stay with your friends!

Tip #6: Watch for Green Dot opportunities

- If you see a situation that concerns you, do something. Remember the Green Dot strategy: direct, distract, or delegate to change the situation. (You would want someone to help you if you were in trouble.) If you would rather call for help, contact UPD or the Oxford Police Department. Make sure you have these numbers saved in your cell phone:
- UPD: (662) 915-7234
- Oxford Police Department: 911

Tip #7: Watch what you are tweeting or posting on social media websites

- Never post or tweet that “you are away from your home.” Also, it may seem harmless to post a picture of yourself and your friends partying, but keep in mind that once you post something, the information and photos can be shared and re-posted for years to come.

If you are under the age of 21, drinking alcohol is illegal and can lead to serious penalties. Carefully consider the possible consequences before you choose to break the law. The choices you make now can determine the options you have for staying in college, going to graduate school, law school, or medical school. Is the risk worth it?

 FILED UNDER **STUDENT NEWS**

[Read the story ...](#)

[More Posts from this Category](#)