



**SPRING BREAK...** should be one of the most fun parts of a college career. Follow these tips to be sure that not only do you have a great time, but when classes start up again, you will be there all in one piece.

- **Stick together.** If you are headed out to a vacation spot with a group of friends, it is important that you all stick together. It is easy to lose track of a friend when out at a party. Did they leave the party with a stranger? Did they go to drive even though they've had too much to drink? Did they walk off alone?
- **Don't drink and drive.** This saying has been said so much that it may seem like a cliché. Still, many students get behind the wheel of a car, or get into a car with someone who has been drinking. Each year millions of students drive while under the influence of alcohol or other drugs, this according to College Drinking Prevention. Just as serious is texting while driving. It is vitally important that when out driving, whether in a town you are not familiar with on spring break, or at home, that you are alert and free from distractions.
- **Keep an eye on your money.** It is a horrible feeling to go on vacation and have your money and credit cards stolen. Too often students do not keep a close enough watch on their money. It's best to only swipe your debit or credit card at retailers you are familiar with. Credit card information can be stolen simply by swiping your card at the wrong place. When possible, avoid using your pin number at random ATM machines. Once a criminal gets that number they can wipe your bank account out. Keep the amount of cash you carry with you to a minimum.
- **Have safe sex.** Let's face it; hook ups sometimes happen during Spring Break. Just like at all other times, it is necessary to protect yourself.
- **Avoid alcohol poisoning.** Most people don't know they are being poisoned by alcohol until it is too late. A lot of students drink from the time they wake up in the morning until the wee hours of the next day. Many students are unaware that consuming too much alcohol or even passing out from drinking can lead to death. Please take a moment to read about the dangers of alcohol poisoning here.

**Have a FUN and SAFE Spring Break!!!**

**From the Edward Waters College Counseling Center**

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