Halloween Traditions and New Favorites APlenty!

Play with furry friends at Puppies and Pumpkins on Oct. 24, 3-5 PM, Amphitheater.

Get spooked at Brown College’s Hauntings on the Hill: Stabbin’ in the Woods, Oct. 21 - 22, 7 PM - Midnight. $5 admission supports charity.

Hunt for ghosts and more at Halloween Bash on Oct. 28, 10 PM - 2 AM, Newcomb Pac.

Watch 10 Cloverfield Lane on Oct. 29, 7 PM, Amphitheater.

Chow down on Late-Night Breakfast with UPB on the Corner on Oct. 24, 10 PM - 2 AM.

See cute kids in costumes at Trick or Treating on the Lawn on Oct. 31, 4 - 6 PM.

Navigate Virginia’s Largest Corn Maze at Liberty Mills Farm, open for two months and starting at $10.

Puppies and Pumpkins on Oct. 24, 3-5 PM, Amphitheater.

**Data from UVa Housing & Residence Life/HS, CLAS 2019**

Hoo Knew? 94.2% of UVA students who drink make their own drink or watch their drink being made.*

Hoo Knew? 95.0% of UVA students who drink eat before and/or while drinking.*

Hoo Got Advice? By the way, don’t let housing stress creep in! There is still plenty of time to make plans, and nearly half of second years** continue to live on Grounds.

“Keep your priorities in mind: location, price, roommates. Be aware of deadlines, but don’t feel rushed to make decisions”

H.S., CLAS 2019

**Data from UVa Housing & Residence Life

Dressing Up? Consider checking to ensure your costume is in line with your personal values.

Understand Tolerance:

Alcohol Tolerance is Based Largely on Environmental Cues (same drinks, same place, same friends) that cause the body to prepare in anticipation of processing alcohol.

When drinking without the usual environmental cues, tolerance is lower because the body won’t automatically begin to counter alcohol’s effects. In a different situation (unfamiliar drinks, new places, different group, costumes), even if drinking a usual amount, a person can be more impaired than anticipated. In this case, there is increased risk of negative outcomes, like injury or legal trouble.

In new situations (holidays, sports events, traveling), drinking more slowly or drinking less can help counter the increased risk of negative consequences.

Always avoid mixing alcohol with other drugs. Prescription, illicit, and even over-the-counter drugs can increase alcohol’s effects.

Make a getaway plan: Use a designated driver to get home safely.

1. Be part of a dynamic duo: Stay with a Buddy and never leave a friend alone.
2. Stay savvy: Be Aware of surroundings, and avoid costumes that limit vision or movement.
3. Don’t hide your secret identity: Carry a Photo ID.
4. Fuel your superpowers: Eat Before and while drinking.
5. Know your potion: Pour your own drink, keep your eye on it, and Avoid Punches.
6. Don’t let that extra drink be your kryptonite: Stick to a Drink Limit, Pace your Drinks to one or fewer per hour, and Alternate alcoholic with non-alcoholic drinks.
7. Rely on your trusty sidekick: Ask a Friend to let you know when you’ve had enough.
8. Be a Halloween superhero: Stay and Monitor a Friend who is intoxicated.
9. Be a Halloween superhero: Stay and Monitor a Friend who is intoxicated.
10. Know the limits of your own powers: Call 9-1-1 if Someone Shows Signs of Alcohol Poisoning (Remember PUBS). Using more than one protective behavior helps reduce risk.