TOOL KIT

DIVERT. DEFLECT. DIFFUSE. DEESCALATE.

Divert your buddy’s attention away from continuing consumption of alcohol.

- **Change location:** “Let’s go someplace else for awhile.”
- **Change activity:** “Let’s play darts for a while.”
- **Change beverage:** “Let’s pace ourselves with water.”
- **Use a complement:** “Those are cute shoes! Where did you get them?”

Deflect your buddy’s aggressive behavior with humor or changing the subject.

- “How ‘bout those (insert Buddy’s favorite sports team here)?”
- “Did you see (insert popular TV show) this week?”
- “Did you hear what (insert name of friend or acquaintance) did in class?”

Defuse an explosive situation by distancing your buddy from that location

- Let’s go outside to get some air.
- Let’s go to (insert name of friend) apartment.
- Let’s go over there (across the room) and see who we can find.

Deescalate strong emotions by introducing other buddies into the situation.

- **Get help:** “John, Joe, Mary…I need your help over here.”
- Make eye contact with your buddy and speak in calm manner.
- Ask your buddy to sit down and take some deep breaths.
JBS Guiding Principles

1. Sets the expectation for Jayhawks to help each other stay safe.

2. Reminds students of the protective measures they already employ.

3. Gives students the tools to be a positive influence on their friends.

4. Capitalizes on the protective behaviors employed by most students.

5. Considers peer group influence as an asset rather than a liability.

6. Mobilizes the power of the positive influence of the peer group.

7. Recognizes that students are more strongly influenced by relationships than rules.

ACT like a Jayhawk

A gree to stay together
C heck-in with your buddy regularly
T ake charge to return home together

Protective Behaviors

- Eat a balanced meal and drink plenty of water before going out.
- Always tell someone where you are going.
- Always stay with your drink.
- Pace yourself with soft drinks or water.
- Check-in with your buddy often.
- Pay attention to your surroundings.
- Have a plan to leave quickly if the need arises.
- Use SafeBus or a designated driver to get home.
- Keep your cell phone charged and with you at all times.
- Always lock doors and windows when leaving house, apartment, or room.
- If living space looks disturbed or different upon return, immediately leave the area and call police.
- Program 911 and SafeRide into your “Contacts”.

Expectations of a Jayhawk Buddy

1. Take care of yourself.
2. Watch out for your buddy.
3. Celebrate safely.
4. Represent KU with class.
5. Obey the law