

# DARTMOUTH IS A COMMUNITY THAT CARES

Most students choose to act when they notice a friend in trouble.

**57%** of Dartmouth students intervene when they notice a friend drinking too much

**64%** of Dartmouth students intervene when a friend is in emotional distress

That's a great start, but there is still room to improve, and YOU can step up to make that change!

The vast majority of Dartmouth students report that they would WANT a peer to step in and help if:

They were drinking too much **93%**

Someone was using hurtful language **96%**

They were experiencing significant emotional distress **94%**

They were experiencing thoughts of suicide **96%**

Here are some ways that you can build up our community by choosing to do something to keep us all safe:

## NOTICE ... a potential moment of harm or concern

These moments can be easy to miss or overlook sometimes. However, there are a variety of situations that might trigger a gut response, make you feel like something isn't right. They can include:

- **Warning signs** (e.g. rapid changes in weight, mood, or engagement) of a peer who is struggling
- **Potential sexual assault** ● **Racist comments** ● **Hazing behaviors** ● **An overly intoxicated person**

## CHOOSE ... to do something

There are a number of creative ways that you can respond to challenging situations that can keep you and the person you're helping safe. For instance, you could:

- Do something yourself like asking, "**Are you okay?**" or make a report via the **LiveSafe** app
- Call '**Good Sam**'. Bring others in by getting support from friends or calling Campus Safety and Security at **603-646-4000** (or 911). Dartmouth's **Good Sam** policy provides protection from disciplinary action when you call for medical assistance related to substance use.
- **Ingenious alternatives** like inviting someone to eat with you at **Late Night** to get them out of their current situation (maybe because you suspect they have had too much to drink, or are lonely, or are uncomfortable with someone hitting on them).

## ACT ... by stepping up

- Stepping up takes **COURAGE**. Any action, big or small, can make a HUGE difference in someone's life.
- In the moment, **be there for one another**, and afterwards, **take care of yourself** too by connecting with your friends, acknowledging your thoughts and feelings, and making time to recharge with fun and relaxation.

The Stall Street Journal  
Student Wellness Center  
3rd Floor Robo 603-646-9419  
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<https://student-affairs.dartmouth.edu/policy/good-samaritan-policy>

<https://www.dartmouth.edu/~oir/dartmouthhealthsurveys.html>

<https://www.dartmouth.edu/~oir/2018-dartmouth-health-survey-final-web-version.pdf>