

Preventing and reducing risks at parties and events: how to stay safe







Contents

Editorial	5
Tip sheets to prepare students for risks at parties and events:	
Alcohol	8
Drugs	12
Road traffic	16
The pyramid of gender-based and sexual violence	22
Date rape drugs	26
Gender-based and sexual violence	30
Other forms of discrimination, violence and hazing	34



Editorial

Dear students,

During your time at ESCP, you will be asked to organise and/or participate in parties and events. These events come as a welcome opportunity to “let go” during your studies, yet they are also the setting for many excesses. It is therefore important that each and every one of you can enjoy yourselves while staying safe.

To make sure parties remain parties, we have put together this set of tip sheets related to the risks you may face, even during parties (risks related to alcohol, drug use, and different forms of violence, for example). You will receive a set of good practices and habits to keep in mind, regardless of your role in an evening event (organiser or participant), as well as a list of emergency numbers and the people to contact if needed.

All members of the Campus Life and Inclusion & Diversity teams are available to provide help and support.



Alcohol-related risks



Alcohol-related risks

AVOID OVERDRINKING!

Excessive alcohol consumption is driven by a desire for immediate pleasure, the desire to integrate into a group, to escape social pressure, to cope with stress or to counteract a possible form of unease.



The disinhibiting effect changes people's perceptions and behaviours:

- ✓ **Low dose:** sense of pleasure, relaxation, euphoria, disinhibition.
- ✓ **High dose:** impairment of balance, vision, judgement and behaviour, vomiting, alcohol-induced loss of consciousness and coma.
- ➔ These effects are the opposite of those sought.

The first risk at parties is that of **binge drinking**, which consists of drinking excessive amounts of alcohol in a very short period of time.

This is equivalent to at least six glasses of alcohol and the immediate danger is the speed of consumption*!

Why denormalise alcohol? Even if you do not drink too much or too often, alcohol has effects on your body and life:

Risk of chronic consumption and dependence · Alcohol-induced coma · Impaired cognitive-behavioural faculties · Violence, either as perpetrator or victim · Drunk driving · Personal accidents · Unprotected and/or unwanted sex · Deterioration of general well-being (concentration, memory and sleep disorders) · Disease (stroke, cancer, high blood pressure).

1 glass of alcohol = 10 g pure alcohol



glass of wine
12% ABV - 100 ml



glass of pastis
45% ABV - 25 ml



glass of whisky
40% ABV - 25 ml



glass of aperitif
18% ABV - 70 ml



half-pint of beer
5% ABV - 250 ml



glass of champagne
12% ABV - 100 ml

The guideline for adults, regardless of gender, is 10 standard glasses of alcohol per week, and no more than 2 glasses per day.**

Limiting risks at parties

Ways to protect yourself:

- Know your own limits.
- Find the balance between pleasure and avoiding risks associated with consumption.
- Look at it with a critical eye: think about misconceptions related to alcohol and social influence and pressure.
 - **If you are offered a drink, you have the right to say "no"!**
 - **If a friend does not want any or any more alcohol, respect their choice!**
- Make responsible choices for yourself and in your interactions with others.



A few safe party tips:

- Try not to drink more than 2 glasses a day AND not to drink every day.
- At parties, drink slowly, eat and alternate with water or soft drinks.
- Avoid activities that can lead to excessive alcohol consumption such as group drinking games.
- Avoid mixing alcohol and drugs such as cannabis.
- Avoid energy drinks that mask the effects of alcohol.

At parties, people drink in groups and must support each other in groups:

- Make sure you are with people you trust, with whom you can go home safely after drinking.
- Never leave a drunk person alone, take them to a quiet area and make sure they are okay.
- If they should lose consciousness, fall or have an accident, contact emergency services.



EMERGENCY NUMBERS:

Alcohol Info Service:
+33(0) 980 980 930

Consultations **Jeunes Consommateurs**
(addiction services): +33(0) 800 23 13 13

In the event of **immediate danger**:
call the police or gendarmerie by dialling **17**

ESCP Contacts ✕ page 19

In the event of a **medical emergency**:
Call the firefighters by dialling **18** or the
SAMU by dialling **15**

European victim support number:
116 006

Emergency call/SMS for people who are
deaf and hard of hearing: **114**



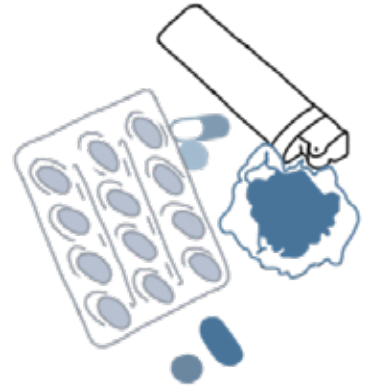
Drug-related risks



Drug-related risks

Watch out for drugs and synthetic drugs

Most psychoactive drugs are illegal: Cannabis, ecstasy/MDMA, cocaine, GHB/GBL, poppers, ketamine, amphetamines, heroin (etc.). Others are legal and are misused, such as nitrous oxide and certain medications.



All psychoactive substances drugs are toxic and involve a risk of addiction:*

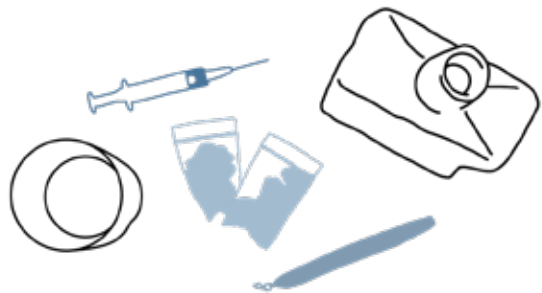
Cannabis: It interacts with the nervous system resulting in **relaxing and disinhibitory effects**, but it can also cause **cause "bad trips"**: nausea, anxiety, paranoia.

Ecstasy/MDMA: It comes in tablet form with various colours, shapes and patterns, capsules or powder. **It has energising and relaxing effects. Users face the risk of experiencing hot flashes, sweating, vomiting, convulsions, hallucinations, cardiovascular disorders including stroke, in addition to the risk of psychiatric episodes for vulnerable individuals.**

Cocaine/crack: Cocaine is most often sniffed (sometimes injected intravenously or smoked as crack). **The high causes euphoric sensations, an impression of energy and intellectual power.** The risks are the same as for ecstasy/MDMA, but **taking cocaine increases cardiovascular risks 24-fold.** Mixtures with alcohol, ecstasy or sexual stimulants dangerously increase health risks.

GHB/GBL: GHB is a white, colourless and odourless powder. It is also available in liquid form in vials. **The euphoric dose is very close to the hazardous dose:** loss of consciousness which can lead to coma and death. **The risks of amnesia** may persist after consumption.

Other substances: Nitrous oxide (laughing gas) · poppers (euphoric vasodilators) · ketamine (hallucinogenic anaesthetic) · LSD (powerful hallucinogenic) · amphetamines, speed and crystal (powerful psychostimulants) · heroin (powerful analgesic)...



Preventing and reducing risks

Protect yourself by learning about the products, their risks, and your own limitations:*

- Taking several doses in a short period of time, overdosing, mixing substances (alcohol, drugs and/or drugs) is dangerous and can mask and/or cancel the intended effects.
 - These substances are mind-altering and make users vulnerable to unprotected and/or unwanted sex, to the risks of HIV infection, hepatitis and sexually transmitted infections and to reckless driving...
 - They are likely to cause or aggravate psychological/psychiatric pathologies, neuro-cardiovascular pathologies and cancers, as well as alienation from school and society.
- Take a critical approach, resist peer pressure, including from friends who use drugs, and improve your decision-making skills!
- Ask yourself what might be motivating you, think about your consumption patterns and frequency, the consequences on your health and daily life. Do not hesitate to talk to trusted people and ask for help!



What the law says:

The illicit use of narcotics is a crime punishable by a maximum penalty of 1 year in prison and a fine of €3,750 (Article L.3421-1 of the French Public Health Code). Since 2019, it may result in a lump sum fine (Art. 495-17 to 495-25 of the French code of criminal procedure). Drug possession, transport and trafficking are prohibited and punishable by fines and imprisonment (Art. 222-34 of the penal code).

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EMERGENCY NUMBERS:

Drogues info-service:

+33 (0)0 800 23 13 13 (anonymous and free)

In the event of **immediate danger**:
call the police or gendarmerie by dialling **17**

In the event of a **medical emergency**:
call the firefighters by dialling **18** or the
SAMU by dialling **15**

ESCP Contacts ✕ page 19

European victim support number:

116 006

Emergency call/SMS for people who are
deaf and hard of hearing: 114



Risks associated with road traffic



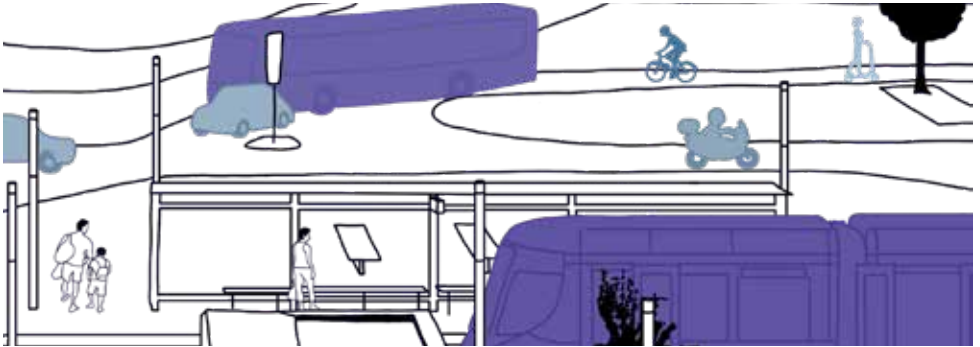
Risks associated with road traffic

CAUTION

There are a wide range of implications when you organise a party or event as an association. You have obligations and liabilities related to the prevention of risks associated with road traffic including in the event of accidents!



→ You may be held liable by the courts in the event of an accident for having been “complicit in the offence of driving under the influence of alcohol”.



Road traffic accidents remain the leading cause of death among young adults aged 18 to 24.

Although just 8% of the population, young adults accounted for 18% of those killed on the road in 2020.

Young people first have an accident, not a loss of points, which should act as a warning sign before an accident.*

→ **Speeding** is the number one cause of fatal accidents. This is more frequent on roads limited to 70 km/h than on motorways limited to 130 km/h.

→ **Drunk driving** is the second leading cause of death on the road, after speeding. A driver is considered to be under the influence of alcohol if their blood alcohol concentration is at or above 0.5 g/l **which is equivalent to a maximum of 2 glasses!**

Each year, nearly 30% of fatal accidents are due to excessive alcohol consumption.**

Among pedestrians, alcohol consumption causes a decrease in alertness and impaired cognitive abilities. It increases risk-taking behaviour and exposure to danger.

→ Drivers under **the influence of cannabis** are twice as likely to be involved in a road accident. This risk is 11-14 times higher if they combine cannabis with alcohol consumption.***

Effects on driving:

- Impaired vision and hearing.
- Slower reaction times.
- Decreased coordination.
- Decreased alertness and resistance to fatigue.
- The disinhibiting effect of alcohol causes drivers to underestimate the risks and overestimate their abilities.

What does the law say for electric scooters and new motorised personal mobility devices?

- Drivers must follow road traffic regulations that guarantee their safety and that of others.
- As with bicycles, they are not allowed to drive under the influence of alcohol or drugs.
- It is also illegal for several people to ride on one scooter, to wear headphones, hold a mobile phone or drive on the pavements **Vehicle speeds are limited to 25km/h.**

Avoid distractions caused by mobile phones!

According to WHO, the use of mobile phones increases the risk of traffic accidents by 4.



Limiting risks after parties:

The Student Union (BDE) and student associations must:

- Follow certain rules such as providing free water or non-alcoholic drinks, not making a drunk person drink, offering alcohol tests, stopping alcohol consumption after a certain time.
- Organise return trips from parties: a "Party captain" system, private-hire and taxi contacts, public transport schedules, car-sharing ...

In Europe, and especially when you are at ESCP campuses in London, Berlin, Turin, Madrid and Warsaw, you can download the free European Road Safety app: Goingabroad.



EMERGENCY NUMBERS:

European Emergency Number: 112

Take action with your student organisation - Association Prévention Routier

Alcohol Info Service: +33(0) 980 980 930

ESCP Contacts ✕ page 19

In the event of **immediate danger:** call the police or gendarmerie by calling 17

In the event of a **medical emergency:** Call the firefighters by dialling 18 or the SAMU by dialling 15

Emergency call/SMS for people who are deaf and hard of hearing: 114

CHAMBRE DE COMMERCE
DE PARIS



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Pyramid of gender-based and sexual violence



Pyramid of gender-based and sexual violence

RAPE

Non-consensual vaginal, anal or oral sex.

SEXUAL ASSAULT

Non-consensual sexual abuse (breasts, genitals, buttocks, mouth, thighs).

⌚ Non-consensual touching and kissing, rubbing against a person.

SEXUAL HARASSMENT

Statements or behaviour with sexual or sexist connotations imposed on a person either once or repeatedly.

⌚ Stroking shoulders, hair or hands, explicit sexual allusions and requests, repeated advances despite refusal, sending and transferring photos of a sexual nature, blackmail, threats, spreading sexual rumours...

SEXUAL EXHIBITION

A sexual act made publicly visible to others.

PUBLIC INSULT

Insulting a person or group because of their gender, sexual orientation or gender identity.

⌚ "bitch", "slut", "fag", "dyke", "transvestite"...

SEXIST AND SEXUAL INSULT

Remarks or behaviour demonstrating sexual or sexist connotations.

⌚ Imposing comments or proposals with a sexual connotation or following a woman in the public area, whistles, insistent glances, obscene gestures or noises...

EVERYDAY SEXISM

Voluntary or involuntary sexist actions based on gender stereotypes.

⌚ Sexist and anti-LGBTQ comments and jokes, comments on appearance, overfamiliar speech, "gorgeous", "sweetie"...

CRIME

15 to 20 years in prison
Art. 222-23 of the
French Penal Code

MISDEMEANOUR

5 years in prison and a €75,000 fine
Art. 222-27 of the
French Penal Code

MISDEMEANOUR

2 years in prison and a €30,000 fine
Art. 222-33 of the
French Penal Code

MISDEMEANOUR

1 year in prison and a €15,000 fine
Art. 222-32 of the
French Penal Code

MISDEMEANOUR

1 year in prison and a €45,000 fine
Art. 33 of the
Law of 29 July 1881
on freedom of the press

OFFENCE

A fine of up to €1,500
Art. 621-1 of the
French Penal Code



Risks of date rape drugs



Risks of date rape drugs

Date rape drugs

Date rape drugs:

Date rape drugs refers to psychoactive substances which are administered to a victim without their knowledge for the purpose of committing a crime (rape or attempted rape) and misdemeanors (sexual assault, intentional violence, theft).

66% of victims are women (ANSM, 2019*)

The use of a psychoactive substances during rape, attempted rape or sexual assault is an aggravating circumstance:



"The act of administering a substance to an individual without their knowledge, which is likely to alter their judgement or control of their actions in order to commit rape or sexual assault is punishable by five years of imprisonment and a fine of €75,000 (...)"

Art. 222-30-1 of the French Penal Code

Administering harmful substances is a criminal offence, as is simply pricking someone with a needle/syringe.

Products administered without the victim's consent:

Antihistamines and sedatives -GHB/GBL- (33%); benzodiazepines (26%), antidepressants (7%) and opioids (7%).

Chemical vulnerability:

Chemical vulnerability refers to the fragile state caused **by the voluntary consumption of psychoactive substances**, which makes people more vulnerable to criminal acts.

Non-medicinal substances: alcohol, cannabis, cocaine, MDMA (27%).

Excessive alcohol consumption is the leading cause of vulnerability to attacks (96%).



The effects:

- Headache, vertigo, dizziness
- Nausea, vomiting
- Drowsiness, confusion, partial or total amnesia
- Loss of consciousness, coma

Prevention: Watch out for each other!

→ Individually:

- Watch your drink being prepared.
- Do not accept a drink if you don't know where it came from and don't drink out of someone else's glass.
- Do not leave your glass unattended and/or use a protective cover.
- Let your friends know if you don't feel good.

→ Collectively:

- Watch out for your friends.
- Be on the lookout for any signs of vulnerability (drunkenness, drowsiness...).
- Do not let a friend who is under the influence of psychoactive products go out alone, go to the toilet or end up in an isolated place.
- Report any suspicious behaviour to the organisation...
- Report any suspicious circulation of syringes or vials to the organisation...

Protection:

- Do not leave a person alone if they feel unwell.
- Reassure them and help dispel any sense of shame or guilt they are feeling.
- If they are conscious, I keep them awake and ask what they have consumed.
- If they are in a state to return home, go with them or have a loved one escort them home.
- If you have any doubts, keep the drink they consumed, the empty glasses and any other evidence (photos, videos, testimonials...) and go to the emergency department quickly so that samples can be taken while the substance is still present in their body (within 12 hours).



EMERGENCY NUMBERS:

In the event of **immediate danger**:
call the police or gendarmerie by dialling **17**
Call the firefighters by dialling **18** or the SAMU by dialling **15**

European emergency number: **112**

ESCP ✕ Contacts page 37

Emergency call/SMS for people who are deaf and hard of hearing: **114**

Drogues Info Service:
+33(0) 800 23 13 13



Risks related to gender-based and sexual violence



Risks related to gender-based and sexual violence

Respect and consent at parties

Respect and consent at parties:

Consent to engage in sexual activity and any other social activity at a party (flirting, dancing, drinking...) requires **clear communication and reciprocity**. You must always ensure that your partner consents!



Principles of sexual consent:*

- ➔ **Enthusiastic:** Consent must be actively expressed through speech and/or gestures. Without a “yes”, it’s a “no”!
- ➔ **Free and informed:** It cannot be given through coercion or if the person is under the excessive effect of alcohol, narcotics or is asleep.
- ➔ **Open and honest:** Partners must inform each other about their practices and risks (contraceptives, STIs, etc.).
- ➔ **Specific:** Consenting to one sexual activity does not imply consent for others. It is important to listen to and respect each person’s desires and limits.
- ➔ **Reversible:** You have the right to change your mind or say “no” at any time without having to justify yourself or feel guilty.
- ✓ **Regardless of gender and sexual orientation, expressing and respecting consent is essential to a fulfilling emotional and sexual life.**
- ✓ **Caring and considerate behaviour in all circumstances is the key fully enjoying a party or event in peace.**



If consent principles are not followed, it is sexual violence:

- Consent must not be negotiated, manipulated, stolen or conceded.
- Pressuring, blackmailing, guilt trips and using force to obtain a sexual act is sexual assault.
- Alcohol and drug use cause people to enter a state of vulnerability and impairs their ability to consent.
- **If you have any doubts or hesitations:**
 - ➔ Ask
 - ➔ Don't insist
 - ➔ Stop

What to do if I have experienced sexual assault:

- Don't keep it to yourself.
- Talk to a trusted person, contact person organisation.
- If possible, collect evidence: testimonies, photos, videos...
- In the event of an emergency, call the police by dialling **17**, first aid by dialling **18** or send an SMS to **114**.



How to respond if I witness sexual assault:

The 5D's according to Right To Be = 5 ways to safely intervene when you see harassment taking place*

- ⤷ **Distract:** Divert attention by interrupting the harassment that's happening in order to keep the victim away from the aggressor.
- ⤷ **Document:** Keep evidence of the harassment situation and only share it with the victim (video, photo, written testimony...).
- ⤷ **Direct:** Ask the aggressor to stop, reassure the victim and ask for help.
- ⤷ **Delegate:** Find a person who represents a form of authority or ask someone who is nearby.
- ⤷ **Dialogue:** Make sure the person who experienced harassment is okay and support them: "I believe you", "You were right to tell me about it", "This is not your fault", "It's illegal", "I can help you", "You are not alone".*Direct the person who experienced harassment to a resource person or a "safe zone". Ask them what they want to do and how you can help. Offer assistance with the steps they must take or direct them to a victim support organisation.

** NOUS TOUTES

EMERGENCY NUMBERS:

In the event of **immediate danger**: call the police or gendarmerie by dialling **17**

In the event of a **medical emergency**: call the firefighters by dialling **18** or the SAMU by dialling **15**

National number **for women who are victims of violence**: **3919**

ESCP ✕ Contacts **page 37**

European **victim support number**: **116 006**

Emergency call/SMS **for people who are deaf and hard of hearing**: **114**



Risks associated with other forms of discrimination, violence and hazing



AT PARTIES, IT'S NOT "ANYTHING GOES"!

At parties

- Say STOP to discriminating behaviours and remarks that are sexist, homophobic, transphobic, racist, anti-Semitic or based on religion and disability!
- What is discrimination? A CRIME! The discrimination meter Discrimination consists in showing prejudicial treatment to a person or group of people based on one of the **25 criteria prohibited by law**. It may be an act, practice, or a rule.
- Racist, xenophobic, religious, sexist, anti-LGBTQ and disability-related insults are also offences.
- **Parties, alcohol and humour never justify hurtful, insulting or hostile words and attitudes!**

Social media:

- Do not record or post anything or share anyone else's posts **without the consent of the individuals included in the content**, especially if they are in an unfavourable situation, for example in an advanced state of intoxication or in an intimate position.
- Be careful about public posts and messages, forwarding messages and online virality, including in private discussion groups.

What you risk:

- Keeping or sharing intimate images without consent is considered cyberviolence and is punishable by two years in prison and €60,000 fine. **These are invasion of privacy offences - Article 226-2-1 of the French Penal Code**
- Threatening to do so is threatening to commit a crime.
- Even "for a laugh", insulting and humiliating messages constitute cyberviolence.
- ✓ Only post the positive moments on social media!
- ✓ What's private stays private!



Hazing is against the law!

Hazing is a practice in which one person obliges another to willingly or unwillingly undergo or commit humiliating or degrading acts or to consume excessive amounts of alcohol during events or meetings related to school, sports and socio-educational settings.

Article 225-16-1 of the French Penal Code states that those responsible for hazing will be subject to 6 months of imprisonment and a fine of €7,500. Victims, witnesses and students who have refused to participate in hazing are protected by law (Article 225-1-2 of the French Penal Code).

➔ **AT ESCP, any individuals involved in organising hazing will be subject to disciplinary proceedings, whether they organised, encouraged, facilitated or allowed the hazing to take place!**

These practices driven by pressure to conform to a group violate the human dignity and the physical and moral integrity of the victims. The humiliation they experience can cause lasting damage.

- ➔ You can say **NO** if what you are told to do seems humiliating, degrading or dangerous.*
- ➔ Together, let's invent new respectful, caring and unforgettable practices to welcome and include new students!

*NATIONAL COMMITTEE AGAINST HAZING



HOW TO RESPOND IF YOU ARE A VICTIM OR WITNESS OF HAZING:

- Don't keep it to yourself, there will always be someone available to help you!
- Talk to a trusted person, contact person or organisation
- If possible, collect evidence: testimonies, photos, videos...

You think you're being discriminated against?

In France, the Defender of Rights can assist you. Call **3928** or visit the website at antidiscriminations.fr

ESCP ✕ Contacts page 37

National Committee against Hazing:
+33 (0)6 07 45 26 11 or **+33 (0)6 82 81 40 70**
 or **+33 (0)7 81 50 10 07**

In the event of **immediate danger**:
 call the police or gendarmerie by dialling **17**

In the event of a **medical emergency**:
 Call the firefighters by dialling **18** or the SAMU by dialling **15**

European victim support number:
116 006

Emergency call/SMS for **people who are deaf and hard of hearing**: **114**



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Notes



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Preventing and reducing risks at parties and events: how to stay safe

ESCP benefits from the best international accreditations.
Our European campuses enjoy national recognition.



5 European Higher Ed
accreditations

BERLIN

Heubnerweg 8 – 10
14059 Berlin,
Deutschland

LONDON

527 Finchley Road
London NW3 7BG
United Kingdom

TURIN

Corso Unione Sovietica,
218 bis
10134 Torino, Italia

MADRID

ARROYOFRESNO

Arroyofresno 1
28035 Madrid, España

MARIA DE MOLINA

Maria de Molina
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NAVALMANZANO

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CHAMPERRET

6-8, av. de la Porte de
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75017 Paris, France

MONTPARNASSE

3, rue Armand Moisant
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BRANCH CAMPUS

DUBAI

DIFC Academy
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Financial Center
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