Gauge Consent

**Signs you Should Stop**
- You're too intoxicated to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner will say nothing and go with the flow.
- You intend to have sex by any means necessary.

**Signs you Should Pause and Talk**
- You're not sure what the other person wants.
- You feel like you are getting mixed signals.
- You have not talked about what you want to do.
- You assume that you will do the same thing as before.

**Keep Communicating**
- Partners come to a mutual decision about how far to go.
- Partners clearly express their comfort with the situation.
- You feel comfortable and safe stopping at any time.
- Partners are excited!

Consent is Sexy!

Consent is an active agreement between both people that is voluntary, sober, enthusiastic, creative, wanted, informed, mutual, honest, and is not coerced.

Consent is a process that must be asked for every step of the way and is never implied or assumed, even in the context of a relationship. Therefore the absence of a "no" does not mean "yes."

Party Smart Tips

Plan to do something at the party besides drinking alcohol, like dancing, socializing, or grabbing a bite to eat.

Go to the party with friends. Make a pact to watch out for each other and leave together. Also, select a designated driver before leaving for a party or gathering. Volunteer to be a Sober Sidelock!

Do not mix alcohol and prescription or non-prescription medications. Also avoid alcoholic drinks that include caffeine.

Observe the environment around you. Is it changing? Do you sense a dangerous situation? If so, move to where you feel more comfortable.

Never leave your drink unattended.

Know your limits. Be aware of how your height, weight, gender, and other factors influence your blood alcohol content.

Avoid drinking games, mixed drinks, "Jungle Juice" and other situations that promote high risk drinking.

Campus and Community Resources

- Counseling and Health: 607-746-4690
- University Police: 607-746-4700
- Delhi Police Emergency: 911
- Non-Emergency: 607-746-2249
- Student Life Office: 607-746-4440
- Judicial Affairs: 607-746-4443
- Residence Life: 607-746-4630
- Resident Assistant Offices: 607-746-4852
- Dubois Hall: 607-746-4285
- Gerry Hall: 607-746-4295
- Murphy Hall: 607-746-4286
- O'Connor Hall: 607-746-4291
- Riverview Townhouses: 607-822-4100
- Russell Hall: 607-746-4290
- Hazing Hotline: 607-746-4562
- O'Connor Hospital: 607-746-0300
- Safe Against Violence: 607-746-1720
- 24/7 Crisis Hotline: 607-746-6278

BroncoCHECK in Action

Like what BroncoCHECK stands for? Want to take a more active leadership role on your campus or community? Learn how to become a student leader through Student Life, Foreman Hall, Residence Life, The O'Connor Center for Community Engagement, SUNY Delhi Athletics, or Student Activities!
What is BroncoCHECK?

“A BroncoCHECK is an intentional decision that an individual or group makes to intervene in a situation that has the potential to be risky, dangerous, unhealthy, unjust, or an emergency.”

The BroncoCHECK program is designed to:
- Increase awareness and understanding of problematic and unjust behaviors
- Instill a sense of responsibility for helping to solve problems and support others
- Develop skills related to intervening in risky, dangerous, or unjust situations
- Empower people to act individually and collectively.

Creating a Healthy and Safe Community at SUNY Delhi

A bystander is anyone who is aware of or observes situations or interactions that could be risky or dangerous. Creating a community of proactive bystanders is integral to developing a healthy and safe environment at SUNY Delhi.

To schedule a BroncoCHECK session on a variety of topics, contact Counseling and Health Services in Foreman Hall at (607)746-4690.