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Spring Break Safety: What Every Parent and Student Should Know

Tips and tools to help families navigate Spring Break safely and avoid substance-related risks.

Columbia, SC – March 25, 2025 – As students across South Carolina prepare for Spring Break, the [South Carolina Department of Alcohol and Other Drug Abuse Services](#) (DAODAS) is reminding parents, teens and young adults about the risks associated with binge drinking, drug experimentation and overdose dangers. Spring Break is a time for fun and relaxation, but without proper precautions, it can quickly turn into a dangerous situation.

This year, DAODAS is amplifying its message through the [Out of Their Hands](#) (OOTH) initiative, a long-standing statewide campaign aimed at reducing underage alcohol use. The campaign, conducted in partnership with local Alcohol Enforcement Teams (AETs), empowers communities to protect youth by enforcing underage drinking laws and raising awareness among parents, teens and retailers.

The Risks of Spring Break

Statistics show that substance use spikes during Spring Break, with excessive alcohol consumption and drug experimentation leading to a rise in accidents, overdoses and arrests. Nationally, studies indicate that young adults are at a heightened risk of alcohol poisoning and exposure to illicit substances such as fentanyl-laced drugs, which have become increasingly prevalent.

“We want students to have a memorable Spring Break for the right reasons,” said DAODAS Director Sara Goldsby. “Education and preparation can prevent life-threatening situations and ensure a safe, enjoyable experience.”

Key Safety Tips for Students

DAODAS urges students to follow these essential safety guidelines:

- **Use the Buddy System:** Stay with trusted friends, watch out for each other and never leave a party alone.
- **Avoid Unknown Substances:** Illicit drugs, including counterfeit prescription pills, may contain lethal doses of fentanyl.
- **Recognize Signs of Overdose:** Symptoms such as difficulty breathing, unconsciousness, or bluish skin require immediate medical attention. Call 911 immediately – South Carolina’s Good Samaritan Law protects those who seek medical help for an overdose.

And for students who are 21 years of age or older:

- **Know Your Limits:** Binge drinking can lead to impaired judgment, alcohol poisoning, and dangerous situations. Pace yourself and stay hydrated.
- **Plan Transportation in Advance:** Arrange for a designated driver, use rideshare services, or rely on public transportation to prevent DUI-related accidents.

How Parents Can Help

Parents play a critical role in promoting Spring Break safety. Through both the *Open Conversation SC* and *Out of Their Hands* initiatives, DAODAS encourages parents to:

- **Have Open Conversations:** Talk to your teen or college-aged child about the risks of alcohol and drug use.
- **Set Clear Expectations:** Discuss responsible behavior and ensure they understand the potential consequences of substance misuse.
- **Provide Emergency Contacts:** Make sure students have access to emergency numbers and know whom to call if they need help.
- **Stay Informed:** Visit www.scoutoftheirhands.org to learn more about preventing underage drinking and what actions local communities are taking.

DAODAS Prevention Efforts

In addition to OOTH, DAODAS continues to promote prevention through the [Open Conversation SC](#) campaign, providing resources and tools to help families navigate discussions around substance use. By fostering open dialogue and promoting prevention strategies, South Carolinians can reduce the dangers associated with Spring Break activities.

“The best way to prevent tragedies during Spring Break is through education and awareness,” Goldsby emphasized. “We encourage families to explore resources from both Open Conversation SC and Out of Their Hands to help protect our youth.”

For more information or to access resources, please visit www.daodas.sc.gov or contact DAODAS at (803) 896-5555.

About DAODAS:

The Department of Alcohol and Other Drug Abuse Services (DAODAS) is the South Carolina government agency charged with ensuring quality services to prevent or reduce the negative consequences of substance use and addictions through a statewide system of local organizations that provide prevention, treatment, and recovery services. For more information, visit www.daodas.sc.gov.