

# Be Aware of Alcohol & Other Drugs

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## Think Before You Drink

Even though some people associate college life with too much drinking, we know that the majority of college students do not binge drink on a regular basis. In fact, the use of alcohol and other drugs can be counterproductive to being a well student.

- **Resist** the urge to drink to fit in.
- **Find** friends who support you, whether you drink or not
- **Control & Real Confidence** are two desirable traits that are altered while drinking.
- **Work** on positive ways to handle stress and other negative feelings that don't involve alcohol.

## Effects of Alcohol & Other Drugs

- Miss classes
- Physical problems, hangovers
- Lower grades
- Poor judgment
- Damaged relationships
- Higher dropout rates
- Increased violence and arrests

## A Word on Date Rape Drugs

- GHB, Rohypnol (roofies) & Ketamine (Special K) are odorless and tasteless and can easily be slipped into drinks.
- Use the buddy system – don't leave a party alone
- Never leave your drink alone
- Never drink from a common source (punch bowl)
- Don't accept drinks from strangers.