Change the way you think about drinking and drugs.
Sleeping off a buzz or high interferes with the REM cycle. That means anxiety, jumpiness & irritability the next 2 days.
Alcohol inhibits absorption of nutrients, leading to reduced endurance and decreased immune response.
Marijuana use is linked to lower lifetime income.
Alcohol absorption is delayed by not drinking on an empty stomach.
The brain is growing until age 24. Until then, drinking can irreversibly damage memory, motor skills & coordination.
“It’s not alcoholism until you graduate.” FALSE: Dependence is 6 times more likely for those who start before age 21.
College students spend an average of $75 on alcohol each month. That’s 11 Chipotle burritos (guac still extra).
Using weed doubles the risk for a weakened heart muscle, leads to chest pain, shortness breath, dizziness & fainting.
Alcohol intensifies mood, it doesn’t make it better. Drinking while sad or angry will just make it worse.
If you choose not to binge drink, you're not alone — 56% of college students don't.
Getting drunk can mess with concentration, memory & attention for 2 days.
Frequent binge drinking and marijuana use during the first year of college are predictors of delayed graduation.
TV lied to us. Alcohol = less sexual pleasure, not more. It increases impotency & decreases sensation.
Drinking messes with the frontal lobe, which controls planning & impulse control. Life choices are hard enough already.
"It’s not alcoholism until you graduate."

FALSE

Dependence is 6 times more likely for those who start before age 21.