



have fun,

stay sober & be safe!



STAY SOBER



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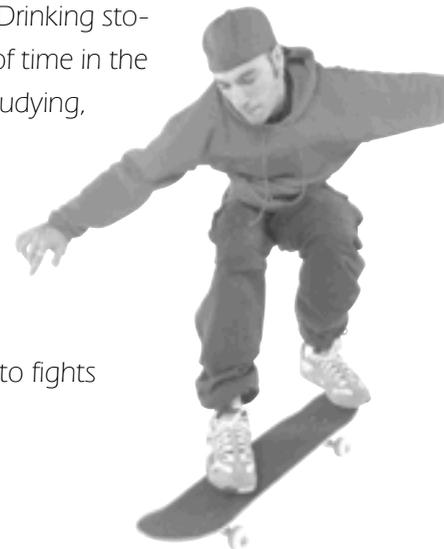
Many students attending college for the first time wonder if it is possible to be successful socially without using alcohol and other drugs. Is it necessary to drink in order to meet people and make friends? If a student will be living in a residence hall what happens if their assigned roommate uses alcohol or other drugs?

Students attending a college or university in Michigan have many options and can be very successful socially without using alcohol and other drugs. Many college students don't drink at all and the majority of those who do use alcohol drink moderately. Only a small minority use tobacco—less than a third and at some universities the number is actually closer to 1 in 5.

Michigan colleges and universities make a special effort to reach out to new students to help them effectively transition to college without the interference of alcohol, tobacco, or other drugs. Most campuses with residence halls offer an option of living in an alcohol-free and/or tobacco-free residence hall room. All offer many social activities and recreational options where no alcohol or other drugs are used. There are students and organizations that offer social activities, leadership opportunities, and mentoring to freshmen who want to make their transition to college without alcohol or other drugs.

It is a myth that most college students drink and party all the time. This myth is perpetuated by the media and through casual conversations. “Drinking stories” may be more entertaining and more frequent than “tales of time in the library” but the fact is most college students spend their time studying, working, and socializing without alcohol or other drugs.

It is also true that a few (about one in five) college students are engaging in high risk drinking, or using marijuana, and experience negative consequences due to their use. Studies show that students who party a lot with alcohol or marijuana get poorer grades. These students are also more likely to get into fights





and arguments. Some students have even died from alcohol overdose or alcohol-related traffic crashes. Some are arrested or injured when under the influence. Michigan has a set of underage drinking laws and penalties that are strictly enforced on campuses and in nearby communities.

Students are expected to know the law and university regulations and will receive information about policies and state and federal laws from the university they attend. It is a requirement of federal law that colleges and universities receiving federal dollars educate their students and staff about the risks of alcohol and other drug use. It is also federal law that prohibits students with a drug conviction from receiving federal financial aid.

Tobacco kills more people than all other drugs combined – including alcohol. Two out of three college students do not use tobacco but more are using tobacco than youth or other adults. In fact, college student smoking rates are rising at the same time youth and adult rates are declining.

This surprises many people because they see college students as being very intelligent and cannot imagine why college students would start smoking. What they may not know is that the tobacco industry is targeting college students with advertising and promotions. College students are being influenced by these campaigns. Either they do not know how addictive nicotine can be or they are ignoring what they know when they make the decision to smoke or chew.

There will always be students who make destructive decisions in their use of alcohol, tobacco and other drugs, but they are a minority. This year there will be thousands of freshmen in the State of Michigan who will be making their transition to college without alcohol, tobacco or other drugs.

Visit www.preventionnetwork.org to find contacts on Michigan campuses that are there to help freshmen make successful transitions to college.

safe

Michigan Department
of Community Health



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