UC Berkeley encourages respect and responsibility for minimizing harm associated with substance abuse.

Be Yourself
- Make personal, informed, mindful choices about substances every time.
- Don’t overestimate how much others use or the obligation to use.
- Among Berkeley students, 38% don’t drink alcohol, 74% don’t use marijuana, and 93% don’t use e-cigarettes (NCHA, 2019).
- Clarify your social/emotional motivation for using. Make a plan. Stick to it.
- “Contrary to common college stereotypes, substance-free partying is a top choice for lots of us,” -Bryn, 4th year.

Keep It Social, Not Slurred
- Of those who drink, 72% typically have 4 or fewer (NCHA, 2019).
- Learn drug doses and effects. Use only trusted sources. Don’t mix substances.
- Space, pace, and track your use. Stay hydrated and nourished.
- Stand up for people being pressured to use.
- Be aware and accountable for community policies, laws, and agreements.
- “At the last party, the only alcohol we had was beer. Some folks drank all night, but no one got trashed. It’s more fun when no one is falling down,” -Casey, 2nd year.

Don’t Let Small Problems Become Big
- All substance use has some risk of negative consequences (illness, injury, regret, impaired academic performance, impaired communication, judgment, and coordination.
- Be alert and notice risky behaviors, situations, and signs of intoxication.
- Do something (e.g. cut them off, get them home, call for medical assistance) even if pressured to stay uninvolved. Campus has a Responsible Bystander Policy that makes health and safety a top priority. Continued on back...
• Be calm and honest if neighbors or police contact you.
• “There’s more respect and support for taking action than most of us realize,” Taylor, 3rd year.

If You Know Someone Struggling With Alcohol or Other Drugs
• Talk privately when they’re available and not under the influence.
• Explain how their drinking or drug use concerns and affects you. Give examples.
• Don’t argue or try to convince them. Avoid being judgmental or using stigmatizing language.
• Refrain from using with someone who’s use concerns you. Think of other activities you can do with them.
• Share the resources below.

Campus Resources
• UHS Social Services: confidential and non-judgmental counseling and consultation about your own use or that of a friend or family member. (510) 642-6074
• UHS Medical Appointments: (510) 642-7202
• UHS Health Topics - Alcohol and Other Drugs (AOD): curated resources. uhs.berkeley.edu/health-topics/alcohol-and-other-drugs
• PartySafe@Cal: engages, educates, and empowers students to improve party culture by reducing AOD-related risks. uhs.berkeley.edu/psafe

Additional Resources
• National Institute of Drug Abuse (NIDA): drugabuse.gov/drugs-abuse
• Erowid: erowid.org
• Still Blowing Smoke: stillblowingsmoke.org
• Smart Recovery: smartrecovery.org
• Moderation Management: moderation.org
• Alcoholics Anonymous (AA): www.eastbayaa.org
• Marijuana Anonymous (MA): marijuana-anonymous.org
• LifeRing: liferingsf.org
• Codependent Anonymous (CODA): norcalcoda.org
• Al-Anon/Alateen: northerncaliforniaal-anon.org/
• Adult Children of Alcoholics (ACA): adultchildren.org