



# Alcohol and Other Drugs

Get what you want without what you don't

**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](https://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](https://uhs.berkeley.edu/psafe)

## **Additional Resources**

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