



## FREQUENTLY ASKED QUESTIONS

**Q: Can I have an alcoholic drink on my lunch break if I leave the campus?**

A: Nope. It is not permitted to use drugs or alcohol on campus, nor is it permitted to be on campus after having used drugs or alcohol.

**Q: What's the worst that could happen if I get caught with drugs or alcohol on campus?**

A: Students who violate this policy are subject to discipline according to the Student Code of Conduct. Depending on the severity and frequency of the incident, this could lead to expulsion. Additionally, students are subject to any applicable legal sanctions under local, state or federal law for the unlawful possession or distribution of illicit drugs or alcohol.

**Q: Could drinking and using drugs affect me in other ways, outside of school?**

A: Yep. Many employers will choose not to hire individuals with drug or alcohol-related criminal charges or individuals who test positive for drugs during a pre-employment screening.

This information  
is brought to you  
by Student Services

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# DRUG & ALCOHOL AWARENESS





## Drug & Alcohol Awareness

# TALK TERMS

## SUBSTANCE USE VS SUBSTANCE ABUSE.

### Substance Use

The Definition: Consumption of low or infrequent doses of alcohol and/or other over-the-counter drugs, including doctor-approved use of prescription drugs.

What It Looks Like: Using over-the-counter or prescribed medication as directed by a physician or moderate use of alcoholic beverages; no more than one per day for a woman, no more than two per day for a man.

### Substance Abuse

The Definition: Overindulgence in or dependence on an addictive substance, especially alcohol or drugs.

What It Looks Like: Using other people's prescription drugs, using over-the-counter or prescribed medication differently than as directed by a physician. Drinking more than one alcoholic beverage each day for a woman or more than two alcoholic beverages each day for a man. Mixing medications and alcohol or any use of illegal drugs or substances.

# ADDICTION

## THE DEFINITION & THE CONSEQUENCES.

### The Definition

Being abnormally tolerant to and dependent on something that is psychologically or physically habit-forming.

### What It Looks Like

Addiction can be failure to fulfill major responsibilities (school, home, work), becoming intoxicated in dangerous situations (like before or while driving), having legal trouble because of intoxication (like getting arrested for drunk driving or fighting) or continuing to use the substance even when it harms relationships.

### How One Becomes Addicted

**Biological:** Addiction can run in a family through genes or be transferred to children by excessive use.

**Psychological:** Addiction can result from trying to suppress anxiety or unhappiness in one's life or due to stress.

**Social:** Addiction can result from having a dysfunctional family dynamic or from other social groups.

### Who Else Can Be Affected

Addiction can result in "Co-Dependency": Placing low priority on one's own life to care for another. This can result in abusive relationships. Examples of people who can be affected by addiction are friends, spouses, girlfriends, boyfriends, aunts, uncles, parents, siblings, grandparents, nieces, nephews, cousins, as well as many others.

# THE CAMPUS

## THE CAMPUS POLICY. WHERE CAN YOU GO?

### Our Campus Policy

For your safety and the safety of others, alcohol and drugs are not permitted on the campus. Specifically, the Student Code of Conduct states, "Use, possession, or distribution of illegal narcotic, alcoholic, or other controlled substances, except as expressly permitted by law, to include public intoxication" (Student Code of Conduct, 5) leads to a Level I offense.

### Where Can You Go For Help

For someone addicted:

- Alcoholics Anonymous (AA) – [www.aa.org](http://www.aa.org)
- Narcotics Anonymous (NA) – [www.na.org](http://www.na.org)

For family or friends of someone addicted:

- Alcoholics Anonymous (AA) – [www.al-anon.org](http://www.al-anon.org)
- Narcotics Anonymous (NA) – [www.nar-anon.org](http://www.nar-anon.org)



## DID YOU KNOW

1,700 college students die each year from alcohol related injuries. That's more than the number of passengers and crew that died on the Titanic!



## DID YOU KNOW

That 1.5 ounces of liquor has about the same amount of alcohol content as 12 ounces of beer or 5 ounces of wine.