

Alcohol

& Other

Drugs



Alcohol & Other Drugs

What's happening at CU

A large portion of CU students do not drink or use any other drugs at all, or they may only drink minimally or moderately.

Some students may choose to drink to excess in ways that are problematic for them and those around them, or may develop a dependency that makes it difficult to stop. Still others fall somewhere else on the continuum, and may change their drinking habits during college.

Getting involved

For all students, it's important to find meaningful and fun activities that don't involve alcohol or drugs and to foster authentic relationships within the CU community. Doing so greatly increases the chances of academic success, feeling connected to CU, and graduating.

Resources

CU's philosophy is to help students develop the skills and knowledge to minimize risk to themselves and others while also holding them accountable to community policies and laws.

For students who choose to drink or use other drugs, it's important to know how to stay healthy, and that there is help available on campus if needed.

If you choose to drink, here's how to have a safer time.

Look out for friends.

Check in with each other often.

Eat beforehand.

Go for foods like pizza or hummus.

Make a plan early on.

Know your limits.

Alternate water and alcohol.

Stay hydrated whenever drinking.

Know how much is “one drink.”

Plan accordingly.

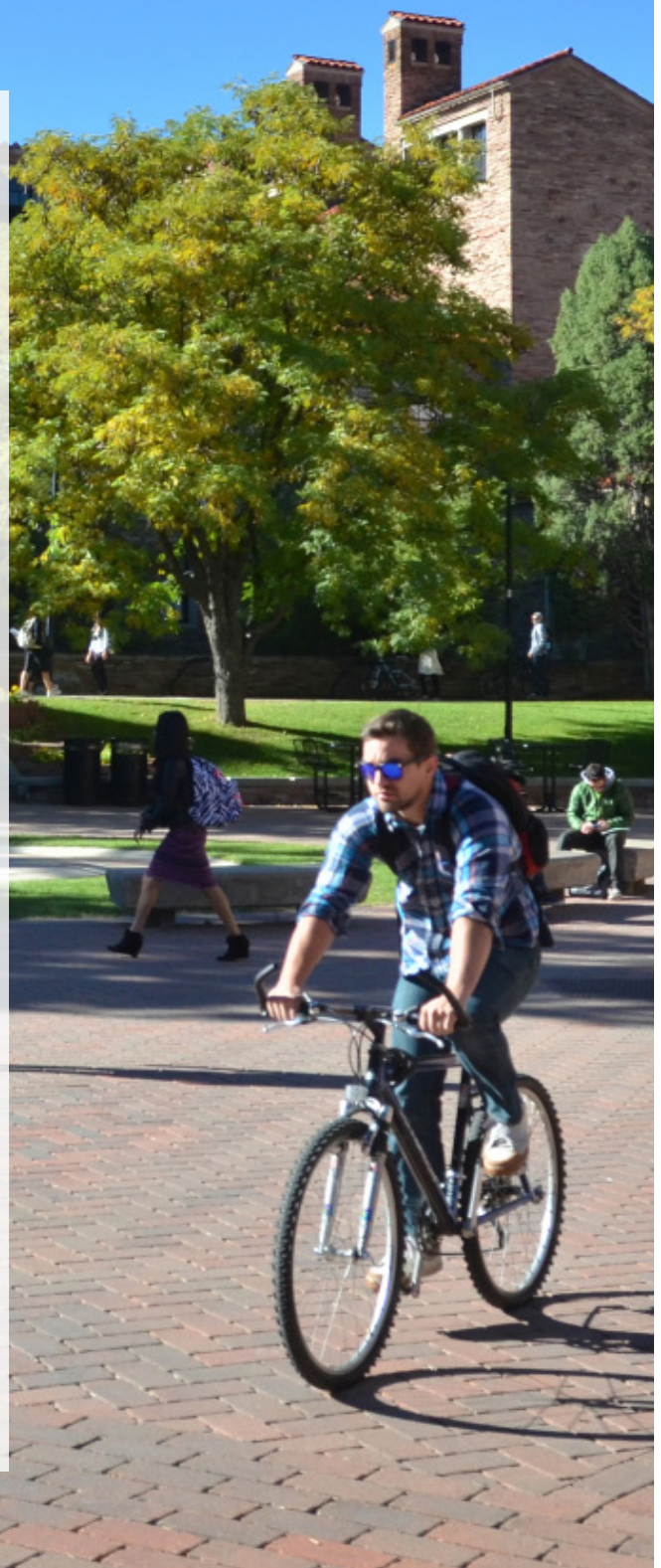
Track how much you've had.

Stick to your limits.

Avoid mixing prescription drugs with alcohol.

Get home safe.

Use the free CU NightRide, or a ride-share like Lyft or Uber.



Marijuana in Colorado:

Good to know, whether you choose to use or not.

The basic laws.

Marijuana possession and use is only legal in Colorado for adults 21 and over.

It is illegal for anyone (regardless of age) to have or use marijuana on campus.

Marijuana purchased in Colorado cannot leave the state; this is considered exporting and comes with legal consequences.

Driving high carries the legal risks of driving drunk, and the physical risks are severe. Wait before getting behind the wheel: at least 6 hours after smoking and at least 8 hours after consuming edibles.



Minimize risks.

There is no standard THC content for marijuana; different strains have different effects. If you choose to use, start slow to see how you respond.

Marijuana impacts at different speeds, intensities, and for different lengths of time based on how it's consumed (i.e. smoking, vaping, dabbing). Be mindful of this.

If consuming edibles, follow the serving size. These can take hours to have an effect, so wait before consuming additional servings.

Avoid concentrates, which have a much higher potency and are made and often consumed using dangerous methods.



Be considerate.

Using a blowtorch puts you and others in fire danger. Keep our campus safe by leaving torches and butane out of the equation.

The smell of marijuana is often bothersome to roommates, neighbors, and guests. Others may be concerned about being contacted by staff due to the smell. Keep others in mind if you choose to use.

Pay attention to cognitive abilities such as memory, learning, and motivation over time. Doing a personal check-in every so often can identify when it may be time to cut back on marijuana use.



Find out more online at goodtoknowcolorado.com



**1.5 OZ. OF
HARD LIQUOR**

5 OZ. OF WINE

12 OZ. OF BEER

**16 OZ. IS WAY
MORE THAN
“ONE DRINK”**

How much is one drink?

Know the serving size. Plan accordingly.

Prescription Drugs

If you choose to use prescription drugs, keep these things in mind:

Avoid mixing with alcohol

The most common cause of overdose is the combination of alcohol and prescription drugs. Combining alcohol with drugs can cause breathing and heartbeat to slow or even stop.

Tolerance varies from person to person

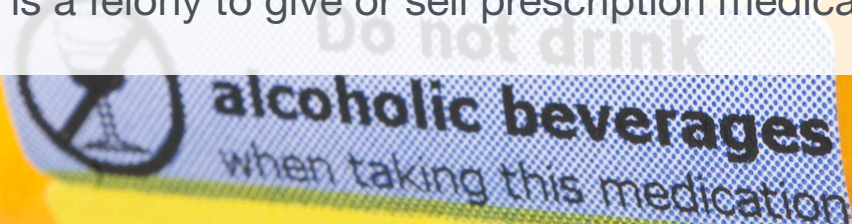
The same dose that might be safe for you could be too much for a friend. Talk with your friends about the signs to watch for in case of overdose. Have a plan for what to do if something goes wrong.

If you suspect overdose

Call 911. Emergency responders can provide immediate medical attention. If an opiate overdose is suspected, they can administer Naloxone: a drug that can reverse the effects and save lives. Naloxone is available to anyone at select pharmacies without a prescription from a doctor.

Know the laws

It is a felony to take medication or pills in any form that are not prescribed in your name. It is a felony to give or sell prescription medication.



If you choose to use alcohol or other drugs, Know the conduct code.



Respect roommates and neighbors in your hall. Keep in mind community expectations like quiet hours, guests, safety and trash removal.



Alcohol **is illegal** for those under 21. For those over 21 who choose to drink, there are additional expectations: doing so responsibly, in private rooms, with the door closed and in consideration of others.



Empty bottle “trophy walls,” kegs, and beer bonging are not permitted in the residence halls, regardless of age.



Other drugs including recreational and medical marijuana are not permitted on university property, regardless of age.



Those with a medical need and all the required documentation to possess medical marijuana may petition to be released from their housing contract penalty-free, even while a first-year student. Talk to your Hall Director about the petition process.



Hookahs, bonging and blowtorches are considered fire hazards and are prohibited from the residence halls, even if unused. Other drug paraphernalia (including pipes) are also prohibited.

Learn more and check out the full conduct code online at colorado.edu/osccr

Contact the Office of Student Conduct and Conflict Resolution for more information.

How to Help a Friend

ALCOHOL & OTHER DRUGS



College can be a time of experimentation, risk-taking, and personal exploration. Where some alcohol and drug use might be reasonable, it can also produce intoxication that alters judgment, perception, attention, or physical control and lead to consequences on one's mental, physical or emotional well-being. Knowing how to spot a problem and say something can be valuable to a friend in need.

What to look for:

It can be difficult to know if substance use is impacting a friend's success. Your friend may need support if:

- You worry about their substance use, and what they do or say while using.
- You often take care of them because of drug or alcohol use.
- They use substances to escape from or cope with problems, stress, and painful feelings.
- They have received medical care for something related to drinking or drug use.
- They have said they want to cut down on drinking or drug use.
- Substance use is affecting their academic performance or relationships.
- They engage in dangerous or illegal behaviors while using drugs or alcohol, or cannot remember the things they said or did while intoxicated.

How to help a friend:

Remember, your friend does not need to be addicted to be in need of your support. If you have any concern, it is best to say something. If you decide to communicate with your friend:

- Have the conversation when everyone is clear-headed, alert, and sober, and there is enough time to discuss everything thoughtfully and completely.
- Keep your comments focused on what you have personally seen and experienced; use concrete examples of recent events that have caused you concern.
- Convey your concern for your friend's well-being and avoid placing blame.
- Have resources ready to offer should your friend decide they want to make a change. Remember that change is a choice and can take a while, and it is necessary to allow space for that.

Additional resources:

If your friend needs additional support, connect them with Counseling and Psychiatric Services (CAPS) at 303-492-2277 or at their main office the Center for Community, Suite N352.

For additional information, see [**colorado.edu/counseling**](https://colorado.edu/counseling)

Be helpful. Be open. Be well.
Be Boulder.



Are alcohol and drugs getting in the way of your life?

Find support on campus.

Connect with a peer

Talk with a student or staff mentor who can relate, share their experience, and offer suggestions through the CU Collegiate Recovery Center's peer support program.

Talk with a counselor

Seeing a counselor at Counseling and Psychiatric Services (CAPS) can help you find relief. CU students are eligible for a limited number of free visits per year.

Visit the recovery center in UMC 414

A welcoming community and resource lounge where you can connect with others, find sobriety-friendly social events and attend free support meetings. The recovery center is located on the fourth floor of the UMC.

colorado.edu/health/findsupport

Be Boulder.



University of Colorado **Boulder**

Find support.
colorado.edu/health/findsupport
UMC 102, near the bowling alley

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