

MODERATION IS NO MYTH

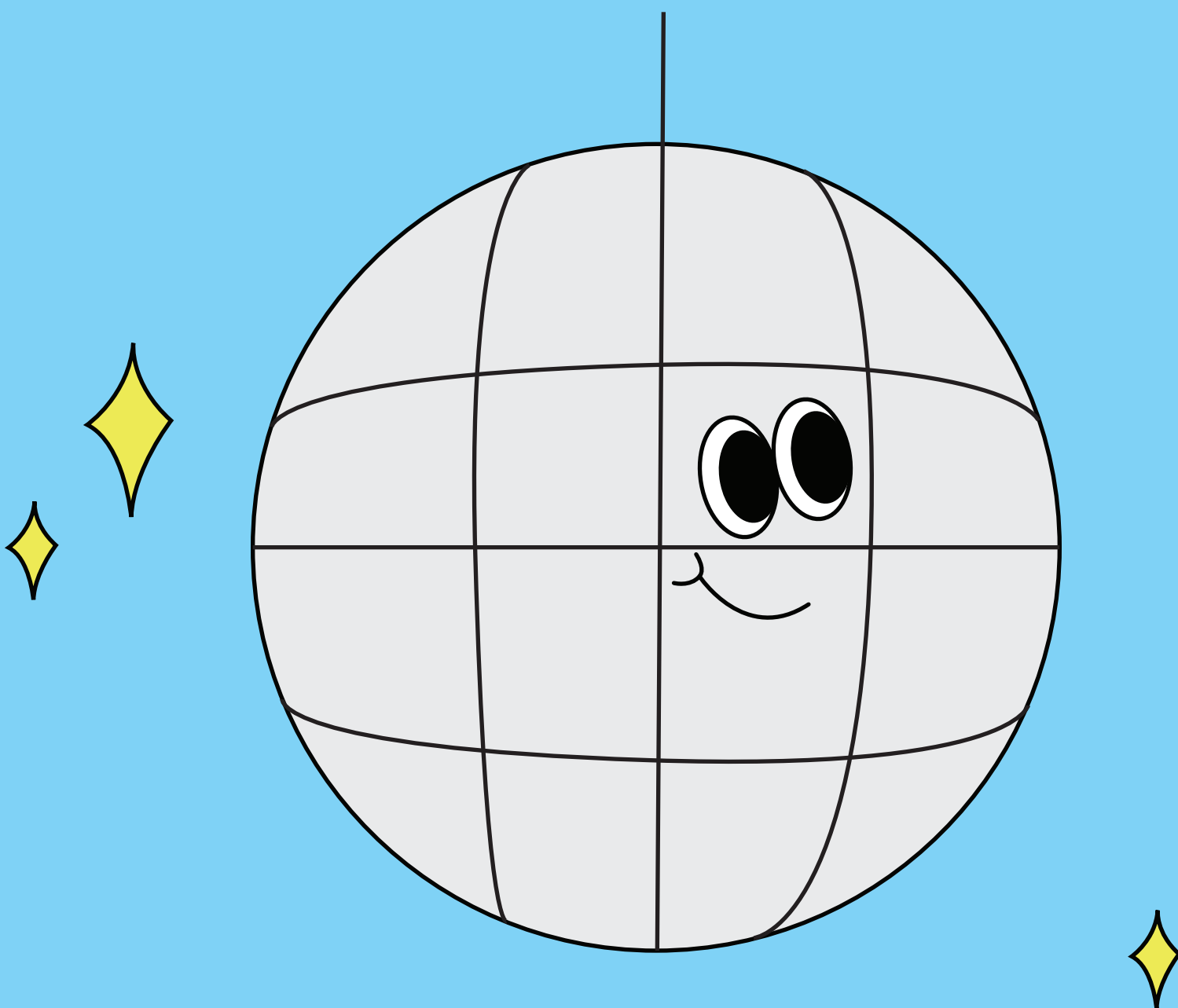


Most students have less than 4 drinks in one night when they choose to drink.

TRYING TO HAVE FUN?

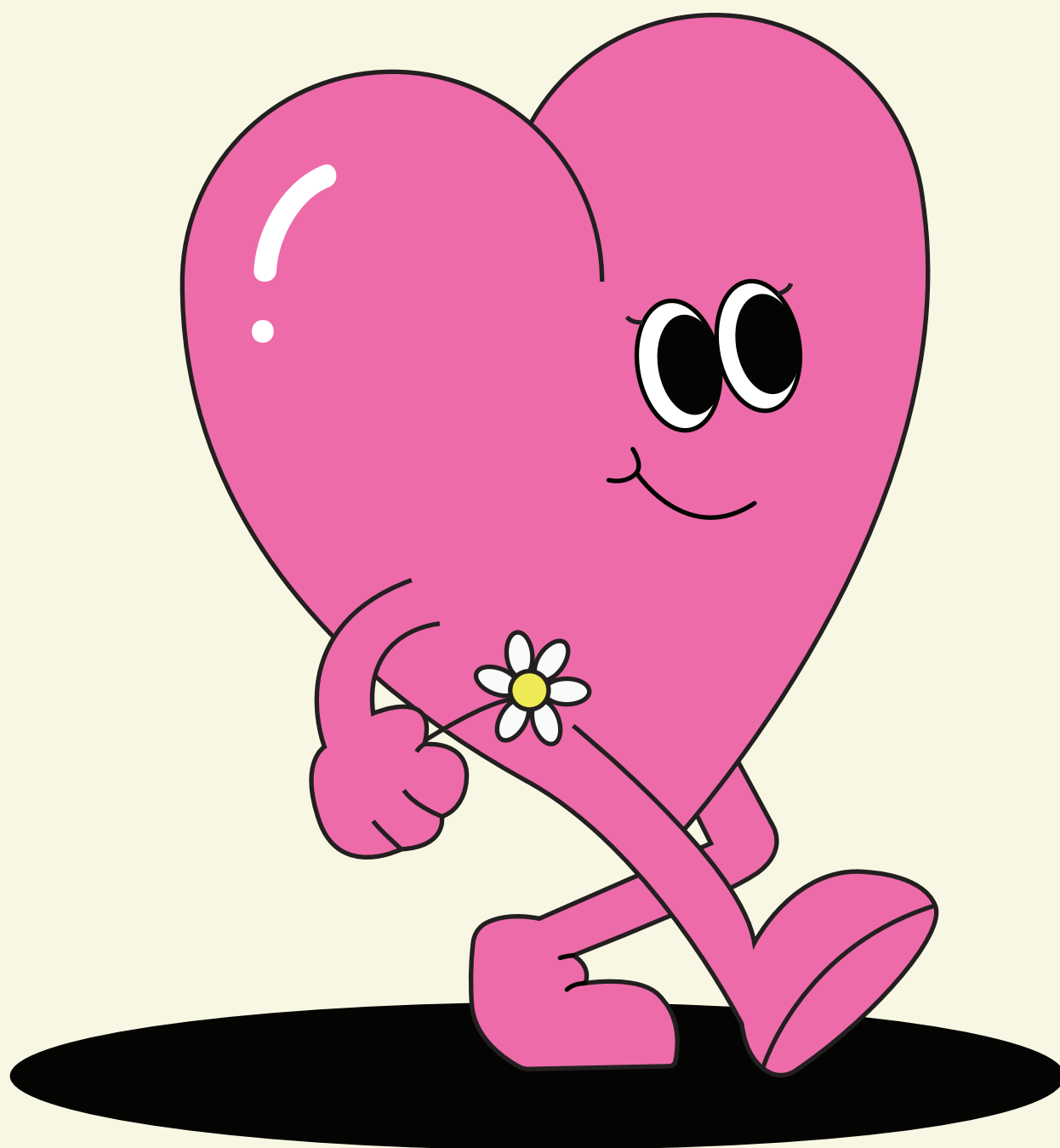
Pace your drinks!

Eat beforehand!



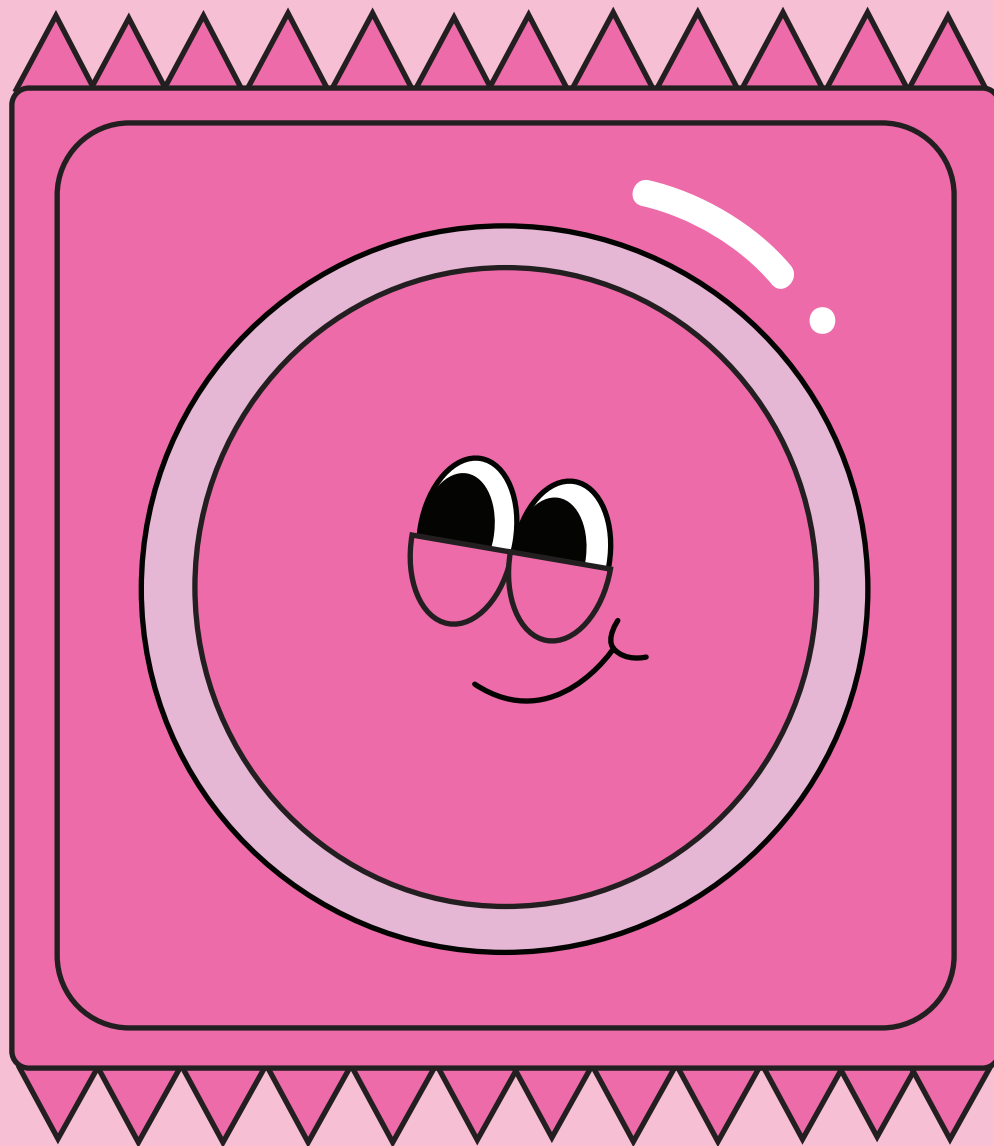
Scan and bookmark this web page
for tips on what to do in an
alcohol emergency.

NO PRESSURE



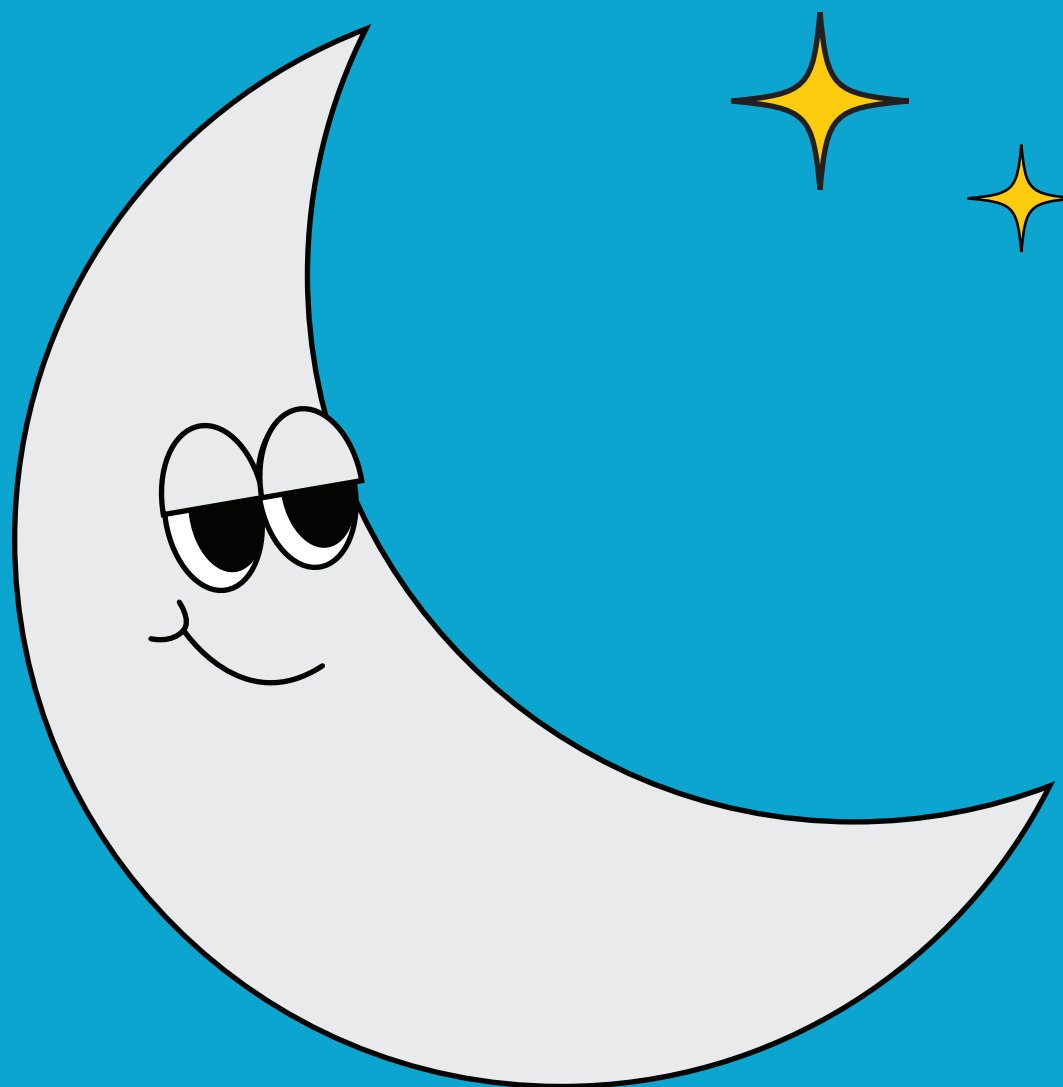
The majority (76%) of college students had no more than 1 sexual partner in the last year.

NOT EVERYONE
IS ON *third base*



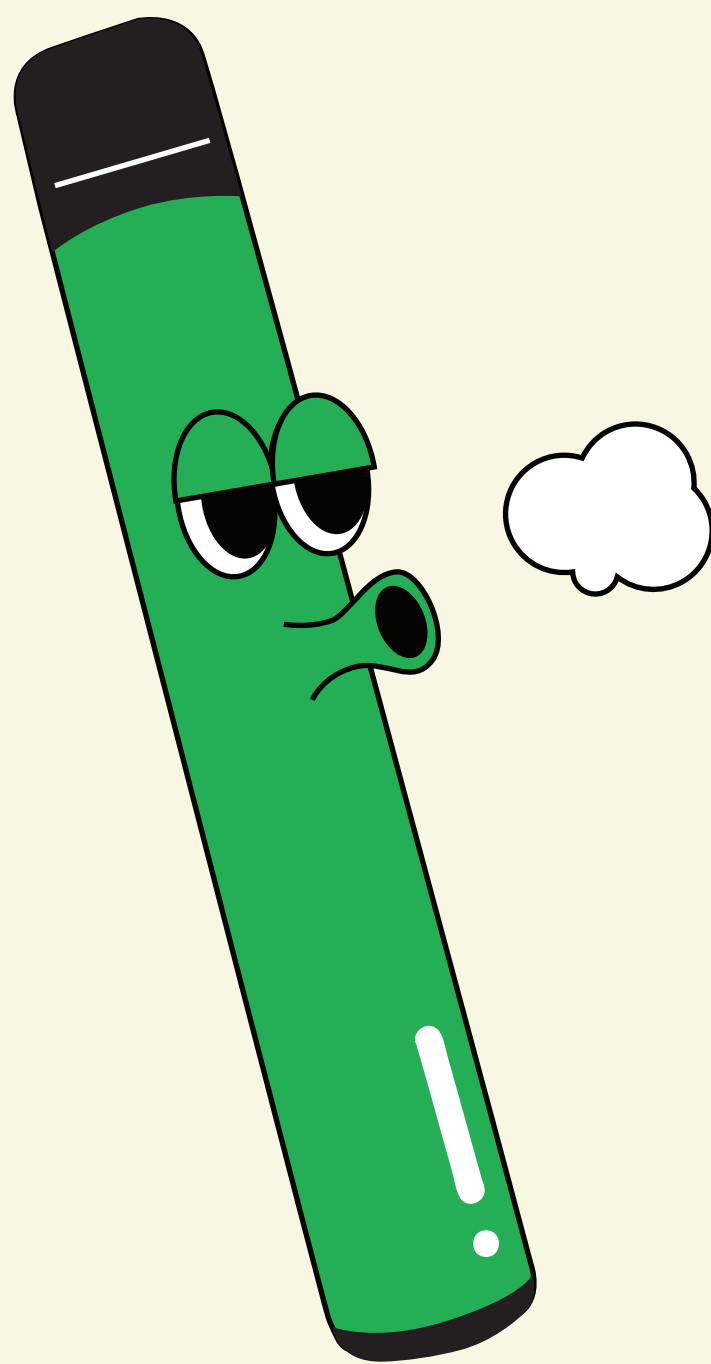
60% of college students use “hook-up” to mean non-intercourse sexual activities.

SLEEP IS CHEAPER THAN COFFEE



A 20–30 minute nap can improve your cognition and memory more effectively than a cup of coffee.

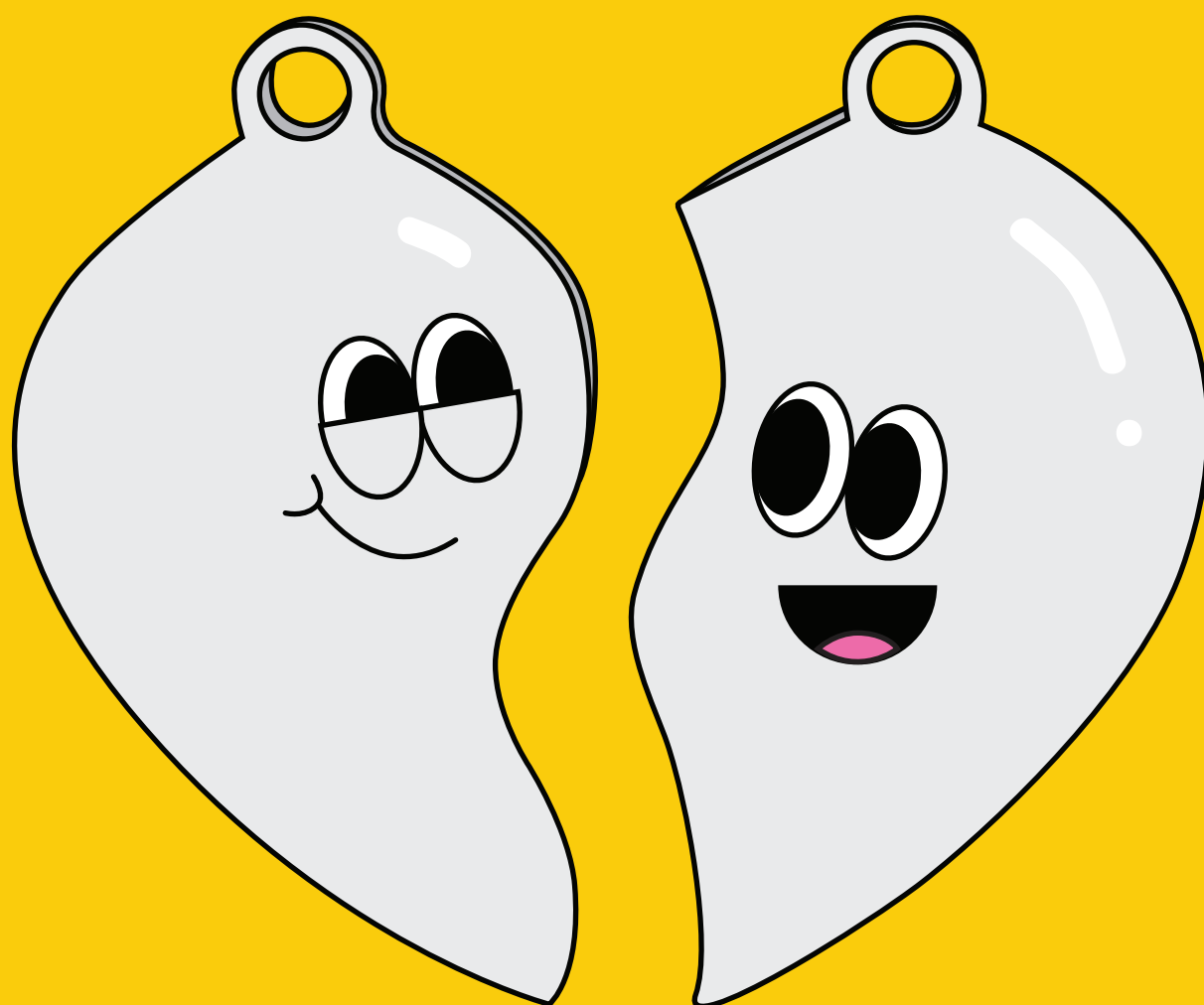
RUFFINg



TO RELAX?

New data shows links to asthma, chronic lung disease, and cardiovascular disease, as well as an increase in nicotine addiction.

COLLEGE ISN'T LIKE THE MOVIES



It takes most students several months to find friends they truly connect with, and most students report their friend groups change many times throughout college.