

THIS PACK DOESN'T **PUFF**



66% of students reported never using tobacco or nicotine delivery products in their lifetime

E-cigarettes among young adults 18-24 poses a risk because nicotine adversely impacts brain development, which continues into the early to mid-20s. (CDC 2023)

Huskies don't go **OVERBOARD**



79% of students reported having
4 or fewer drinks the last time they drank

Keep off the Grass

45% of students reported **never** using a cannabis product in their lifetime



Recent research has shown that regular cannabis use has a strong association with adverse mental health and life outcomes.

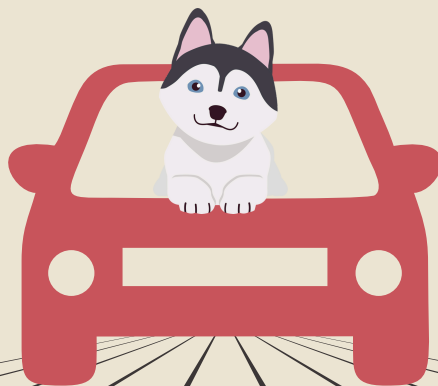
Huskies get their Zzzs



57% of students report getting an average of 7-9 hours of sleep on weeknights.

Sleep restores the body and helps our ability to manage stress, irritability, and feelings of depression and anxiety.

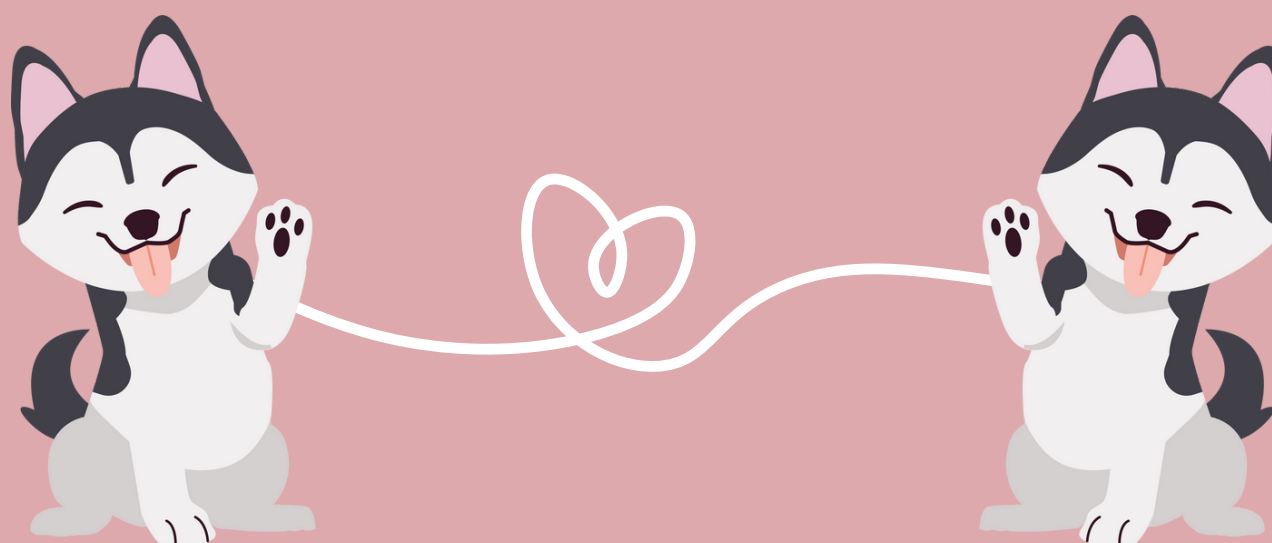
Steering towards your future?



Sometimes you have to
switch lanes.

About one-third of undergraduate
students have changed majors at
least once

PRESSURE TO SWIPE?



79% of students said that
they use dating apps less
than once a month
or not at all.



NO PRESSURE!



71% of students said they have not
hooked up within the last month

HUSKIES AREN'T SHALLOW



When considering a possible date or significant other, 84% of students do not consider appearance as the most important factor

Feeling blue cause you
don't have a clue?



80% of students who attended a UW
CLUE tutoring session reported
feeling better prepared for their exam