

REAL TALK

MYTHS & FACTS ABOUT COLLEGE SUBSTANCE USE



WeCU
STUDENT AFFAIRS

SO WHAT IF I GET CAUGHT... WHAT'S THE WORST THAT COULD HAPPEN?

NOPE.

LAST YEAR, 25% OF U.S. COLLEGE STUDENTS REPORTED NEVER USING ALCOHOL AND 58% NEVER USED MARIJUANA.

WELL,

POSSESSION OR USE OF ALCOHOL OR MARIJUANA IS A VIOLATION OF STUDENT CONDUCT AND COULD RESULT IN LEGAL AND CAMPUS REPERCUSSIONS, SUCH AS MANDATORY HEARINGS, FINES, LOSS OF HOUSING, OR SUSPENSION.

EVERYONE IN COLLEGE SMOKES POT.

ACTUALLY,

WCU HAS OVER 280 CAMPUS STUDENT ORGANIZATIONS, AS WELL AS VARIOUS COMMUNITY EVENTS HAPPENING THROUGHOUT THE YEAR.

VAPING IS BETTER THAN SMOKING CIGARETTES.

THERE IS NOTHING TO DO AT WCU BESIDES PARTY.

FALSE:

E-CIGS CONTAIN MANY TOXIC SUBSTANCES AND HAVE BEEN LINKED TO THOUSANDS OF CASES OF SERIOUS LUNG INJURY, SOME RESULTING IN DEATH. EVEN THOUGH E-CIGS DON'T CONTAIN TOBACCO, THEY STILL CONTAIN TREMENDOUS AMOUNTS OF NICOTINE, A HIGHLY ADDICTIVE, DANGEROUS SUBSTANCE. VAPING IS JUST AS HARMFUL AS SMOKING CIGARETTES.

IT'S EASY TO SOBER UP FOR CLASS, JUST DRINK COFFEE.

NAH.

CHUGGING COFFEE WON'T SPEED UP YOUR BODY'S PROCESS OF ELIMINATING ALCOHOL FROM YOUR BLOODSTREAM. THE ONLY THING THAT CAN SOBER YOU UP IS TIME.

Check out the Office of Wellness Promotion
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