

How to Help a Friend who is Sober and in Recovery

Support Your Friends Who Aren't Drinking by...

- Choose restaurants/venues that don't serve only alcohol
- Respect their choice not to drink. If they say no, don't pressure them
- Do not always ask your friend to be the sober driver
- Let them choose the activity for the night
- Do not assume that they don't want to go to activities based around alcohol - It's okay to still invite them, just be respectful if they say no

What Being an Ally for Your Friend Looks Like

- Actively listen to them about what they're dealing with
- Be patient
- Encourage healthy habits
- Create a substance-free environment
- Accept them without judgment



While not all campuses have their own recovery programs for people who struggle with alcohol, there are ways for you to get help if you or your friends need it. **This website can help you find resources to get the help you need:**

macro.missouri.edu

To find resources on your campus, visit
pip.missouri.edu/resources



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DRINKING IS YOUR DECISION

alcohol and its effects on you



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Common Drinking Times and Places	Why Here and Now?	Ways to Avoid It (if you want to)
When You're Going Out	Some people choose to drink when they go out to loosen up	<ul style="list-style-type: none"> - Offer to be the sober person or driver - Tell your friends you have something going on tomorrow and can't drink tonight - Don't bring enough money for alcohol to avoid temptation
When You're at a Party	Sometimes this is the main activity at the party and not much else is happening	<ul style="list-style-type: none"> - Carry around a cup with water or soda in it - Occupy your time with something/someone else at the party
When You're Bored	Drinking is something to do	<ul style="list-style-type: none"> - Figure out a hobby or pasttime that needs your full attention
When You're Stressed	Drinking makes you worry less	<ul style="list-style-type: none"> - Go on a walk, do some meditation, deep breathing exercises, or take a nap
When You're Upset	Drinking makes you forget and feel better	<ul style="list-style-type: none"> - Talk with someone about what's going on - Take a few minutes to just think on the problem yourself and decide if drinking would help or make it worse
When You're Around Friends that Drink	Everyone else is drinking	<ul style="list-style-type: none"> - Hang out with them and talk like normal. People can drink and not drink to excess, so you can still have good conversations - Ask what the plans are for the rest of the night and head home if they've got nothing else that interests you going on

The Choice is Yours

Drinking does not have to be a negative experience. Many college students drink (about 75% of Missouri college students reported doing so over the past year) and it is a choice that is up to you. The amount and frequency of drinking is a choice. **Regardless of whether or not you choose to drink, it is important that you make decisions based on what you want to be doing, not how someone else makes you feel or what they tell you to do.**

If You Choose to Drink...

- Know your limits and decide how much you want to drink BEFORE you start drinking
- Eat food before and while you drink
- Alternate between drinks and water
- Have a sober driver and a plan for getting home
- Always have a sober person in your group
- Avoid drinking games

Alcohol Can Affect You Sexually

- Difficulty getting and maintaining erections for men
- Reducing sex drive
- Increasing sexual aggression
- Infertility, if used heavily over time
- Decreased lubrication for women
- Reduced vaginal blood flow and decreased orgasm intensity for women
- Increased risk of unexpected pregnancy if someone vomits within two hours of taking their birth control

Alcohol Can Affect You Physically

- Increased fatigue and physical stress due to effected sleep patterns
- Constricted metabolism, muscle growth, and physical endurance
- Vitamin deficiency
- Weight Gain
- Alcohol poisoning

Alcohol Can Affect You Mentally

- Altering sleep patterns
- Affecting your learning and memory
- Increased depression and anxiety symptoms
- Excessive drinking can lead to brain damage, addiction, or even a stroke

