Support for Non-Use or Low-Use Students

Not everyone chooses to drink or use substances, and that's totally normal. Whether you are sober-curious, always substance-free, or just taking a break, you deserve to feel safe and included this Welcome Week.

Tips for Enjoying Welcome Week Substance-Free

- Find or create group chats with others who choose not to use.
- Stick with friends who respect your choices and don't pressure you.
- Practice a go-to line if someone offers you a drink or substance, like:
  - "I'm more fun sober."
  - "I'm allergic to that."
  - "No thanks, it doesn't agree with me."
- Plan substance-free events with friends like movie nights.
- If you're at a party, hold a drink (even water!) to avoid questions.
  - **Bonus:** Try one of the mocktails below—created by SWC Peer Educators at a Winter 2025 event!

Shirley Temple

Ingredients:

- Ice cubes
- 4 oz Orange Juice
- 4 oz Sprite/7 Up
- 1 Tbsp. of Grenadine
- Orange slice + Maraschino cherries

Instructions:

- In a tall glass, fill up with ice.
- Add in the orange juice and sprite/7 Up to the glass and mix.
- Add 1Tbsp of grenadine
- Garnish with maraschino cherries and an orange slice

Raspberry Lemonade Mocktail

Ingredients:

- 1 cup of raspberries
- 1.5 cups lemon juice
- ¾ cup sugar
- 4-5 cups of water

Instructions:

- Mix raspberries, sugar, and half the lemon juice until smooth using a fork or whisk.
- Add remaining lemon juice and cold water to mixture
- Stir to combine
- Garnish with a slice of lemon