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ALPHA SIGMA PHI

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HOW TO STOP ON-CAMPUS SUBSTANCE ABUSE

DRUGS OF CHOICE ON COLLEGE CAMPUSES

There are a few substances that are consistently abused among college students and we see most often in Incident Reports. These include:

- Adderall
- Cocaine
- Marijuana
- Vicodin
- Xanax

Here are a few ways you can help:

- Stress and stress-relief can be reasons brothers experiment with drugs. Host substance-free brotherhood events every month to provide an outlet for your brothers.
- Host programs such as Responsible SIG or learn what resources your college or university may offer.
- Open a dialogue with your brothers. Confront Brothers who are using illegal substances before it gets to substance abuse and/or addiction. Look for warnings signs, such as:
 - Use of the drug before, during or after social events.
 - A brother is consuming more and more of the substance to achieve the ‘high.’
 - The brother isolates himself.
 - The brother’s academic performance (and interest) has extreme peaks and valleys.
 - Drug usage permeates most conversations with this brother.
 - Brothers may start with a drug, such as Adderall, and add additional drugs, such as Xanax.
 - Depression – drug abuse is linked to suicidal thoughts, especially when a brother may not be able to obtain his drug.
- Host study events throughout the academic term.
- Peer pressure is a main contributor as to why individuals experiment with drugs.
- Hold members accountable who sell prescription drugs to each other.
- All Alpha Sigma Phi events should be free of illegal drugs. Close and lock bedroom doors to prevent individuals from isolating themselves (and others) to take the drug and then potentially return to the event.
- Get help! If you believe a brother is addicted to a drug, seek out professional assistance.

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