

Help Is Available:

Campus Resources:

- **Student Assistance Program**
(909) 384-8233
- **Student Health Center**
(909) 384-4495
- **Counseling Center**
(909) 384-4404

More Resources:

- County Alcohol and Drug Programs
Treatment Services (909) 421-9452
- Alcoholic Anonymous (909) 825-4700
Meeting Referrals
- Narcotics Anonymous (760) 243-9248
Meeting Referrals
- www.findtreatment.samhsa.gov
- **For more information visit the college
web page at:** www.valleycollege.edu

*To learn more about alcohol and
drug abuse visit these web sites for
college students:*

- mystudentbody.com
- factsontap.org

Thinking About Getting High?

...Think Again

Developed by

San Bernardino Valley Community College
Alcohol and Drug Abuse Policy and Prevention Committee

And



The Alcohol and Drug Abuse Prevention Program
San Bernardino County Department of Public Health

Is Drug and Alcohol Abuse...

- Interfering with your dreams and plans for the future?
- Interfering with your relationships?
- Breaking up your family?

Continued Substance Abuse Can Lead To:

- School failure
- Poor decisions
- Job problems
- Loss of family
- Violence
- DUIs or prison
- Mental and physical health problems. . . even death!

Help Is Available

Learn more about the harmful effects of alcohol and drugs, and where to go for help if you believe that substance abuse is becoming a problem for you.

San Bernardino Valley College is committed to helping students who may have a problem with substance abuse. **We want you to succeed in college and to fulfill your goals for a happy and successful life!**

How Do You Know If Someone Has A Problem?

At first, drinking alcohol socially or occasionally using drugs may not produce related problems. Alcohol or drugs may seem to relieve stress, anxiety, or a feeling of not belonging. A person may even feel that these substances help them to cope or may seem like fun. Eventually, drug and alcohol abuse backfires and causes serious problems.

Ask Yourself These Questions:

- Are your friends or family concerned about your drinking or drug use?
- Is drinking or drug use affecting your performance at school, at work, or as a parent?
- Are you drinking or using drugs more often? Using larger amounts?
- Is drinking or using drugs leading to problems with the law?
- Do you binge drink, which may cause alcohol poisoning?
- Are you showing symptoms of health problems due to substance abuse?
- Do you experience blackouts or memory lost when you drink or use drugs?
- Are you taking dangerous risks, which may harm you or others?

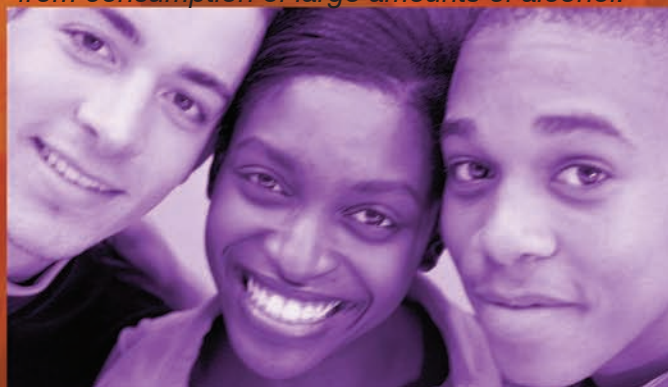
Each year the number of college students who die from alcohol-related incidences can fill at least 60 classrooms on this campus.

What Is Binge Drinking?

Binge drinking is defined as drinking 4 to 5 alcohol drinks one after the other within a short period of time.

What Is Alcohol Poisoning?

Alcohol poisoning is a severe elevation of the blood alcohol concentration (BAC) in the body, which may lead to coma and death, resulting from consumption of large amounts of alcohol.



What Can Happen If You Get Caught With Drugs or Alcohol on Campus?

San Bernardino Valley College is committed to providing all students with a drug and alcohol free campus environment. Abusive behavior by those who hurt themselves or others will not be tolerated.

The Standard of Student Conduct Policy 6020 states that violations are subject to disciplinary action, which may include expulsion, for the following:

- The use or possession of alcoholic beverages on college property or at any college sponsored event, or the presence on campus of anyone under the influence of alcohol.
- The use, sale or possession of illegal drugs or substance or any poison classified as such, or the presence on campus of any one under the influence of such drugs or substances.

Fines and jail sentences may also be imposed because:

- Local, state and federal laws prohibit the possession or distribution of illicit drugs.
- The legal drinking age in California is 21 years of age.
- It is also against the law to purchase or provide alcohol to persons who are under 21 years of age.