

Substance Use Scavenger Hunt: Self-Guided Activity

THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTHY AND WELL. YOU'LL BE ABLE TO EXPLORE SOME OF THEM IN THIS ACTIVITY! TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

NAU.EDU/HP

NOW START EXPLORING!

1

SCREENU - GET PERSONALIZED FEEDBACK ABOUT YOUR SUBSTANCE USE

Locate the online resource, ScreenU, on the Health Promotion website. Once you've found it, select one of the three ScreenU programs to check out for yourself. Even if you don't use alcohol or other drugs, these programs can provide helpful, personalized information. Plus, it's totally anonymous!

2

SUBSTANCE USE, SLEEP & MENTAL HEALTH

Substance use can negatively impact sleep and mental health, which are both things that many students report struggling with. See what else you can find on this topic on our webpage or on the webpages linked on the left.

Looking for even more information about substance use? Here are some reputable resources to check out:

[National Institute on Drug Abuse](#)

[The Virtual Bar - BAC Calculator](#)

[UW - Learn About Marijuana](#)

3

STANDARD DRINK SIZES. WHAT ARE THOSE?


Did you know the size of "one drink" is different with different types of alcohol? Find these standard drink sizes on our website along with drinking guidelines from the National Institutes of Health. While you're there, check out the definition of binge drinking.

Check out the next page for some quick tips!




Substance Use: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO SUPPORT YOUR MENTAL HEALTH

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- Avoid mixing substances.
 - Don't drive drunk or high.
 - Limit your use if you do choose to use/drink.
 - Know your family history of addiction. You are at an increased risk of experiencing addiction if it runs in your family.
 - Regularly check in on your mental health and how/if your substance use is impacting it.

Reflection/Action Planning

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- Do you choose to use alcohol or other drugs?
 - Why do you choose to use or not to use?
 - How do you feel about your current level of use (or non-use)?
 - If you do choose to use, what are 2 things that you can do to reduce your risk of experiencing not-so-good things when you use/drink?
 - Whether or not you choose to use, identify 1 thing you learned through this activity that you could share with a friend.