**ALCOHOL & OTHER DRUGS CHECKLIST**

**What you need to KNOW:**
- Alcohol and drug use is one of the largest predictors of harm on study abroad.
- Alcohol may be more accessible than it is at home as the legal drinking age varies around the world, but excessive drinking may not be culturally accepted.
- Possession of illegal drugs can have severe penalties. In some countries, some drugs may be more heavily regulated. Some prescription drugs may be illegal. The US Embassy can't help you if you break the law.

**What you need to DO:**
- Before you go abroad, learn about laws and customs regarding alcohol and drug use in your host country. Talk to students who have been on your program about their experiences.
- Work with the HTH Global Health Team to confirm that your prescriptions are legal and available in your host country! Don’t know what HTH is? Watch the Prezi on Health Abroad and read through the Health Abroad Checklist.
- While you’re abroad, watch how your host family or other locals use alcohol. Each country has different customs that dictate alcohol use.
- **If you choose to use drugs or alcohol while abroad, remember:**
  1) When you go out, don’t carry important valuables or documents (unless you're specifically told otherwise by your on-site program director).
  2) Never leave your belongings unattended or with people you don't know.
  3) Never leave your drinks unattended or accept drinks from strangers.
  4) Keep track of how much you drink over the course of the night and know your limits.
  5) **Never** leave a bar/club/etc. alone or with strangers. Make a pact with other students to go home together.

**IN AN EMERGENCY:**
- Keep your emergency contacts on you at all times and contact your on-site program director.
- Contact NUPD 24/7 at 847-491-3456

**RESOURCES:**
- Hand-out on Alcohol & Drugs, and Health & Wellness on Blackboard

**CONTACT:**
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