

RETHINKING
COLLEGE
DRINKING

FOR STRESS



You've got options.

Rethinking drinking leads to healthier choices that don't put your motivation and grades at risk.

*Drinking alcohol is illegal for anyone under 21

Learn more at [NotAMomentWasted.org](https://www.NotAMomentWasted.org)

RETHINKING
COLLEGE
DRINKING

FOR BEING SOCIAL



You've got options.

Rethinking drinking leads to healthier choices that don't risk your health, grades, and relationships like alcohol can.

*Drinking alcohol is illegal for anyone under 21

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Washington State
Health Care Authority

RETHINKING
COLLEGE
DRINKING

FOR BOREDOM



You've got options.

Rethinking drinking leads to healthier choices that don't get in the way of what matters most—like your friends, passions, and academic success.

*Drinking alcohol is illegal for anyone under 21

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