

TAKE A



Shot Q&A

Q. I'm not a drinker, but I still have fun. Why is this so hard to convince my friends?

A. Others constantly ask, “*Why aren’t you drinking? You must be the designated driver tonight, huh?*” And this is only the beginning. After telling them drinking just isn’t your thing, the questions really pile on...

“Sooo... are you a recovering alcoholic? Do you have health problems? Does your religion forbid drinking? Just have one drink! Try mine, it’s good... I bet you’d like it.”

And so on and so forth. SMH.

While the decision to stay sober might be difficult for some to comprehend, there are plenty of college students who just aren’t into the drinking thing. In fact, 1/4 of Mavericks reported never having consumed alcohol, or not drinking in the last 30 days. No significant reason needed, it’s just not their thing. Believe it or not, some college students have confidence in their social swag without having to pregame first.

Even though you’re comfortable saying “no” to alcohol, sometimes the people who have the hardest time dealing with that decision are your friends who drink. But why do others care whether you’re drinking or not? There are a few reasons, probably more so having to do with their personal insecurities rather than anything to do with you:

1. Fear of getting judged by the sober person.
2. Assumption that you’re against drinking.
3. Belief that a non-drinker can’t have any fun at parties.
4. Fear of getting ratted on by a non-drinker.
5. Belief that a non-drinker will be a buzzkill.

For the drinkers out there: if you’ve got a great friend who’s a non-drinker, practice communicating rather than speculating. Talk to your friend about their reasons for not drinking and their feelings about being around alcohol, then drop it. Be respectful of your friend’s decision and don’t pressure them to drink.

For those who aren’t into the drinking thing: be confident in yourself and the decision not to drink. If it’s easier to have an excuse or hold a decoy, go for it! Do what you feel comfortable doing, go out with friends you love and have fun. Remember, drinking is completely optional. Cheers!

MAYFACT:

Over 24% of Mavericks reported never having consumed alcohol, or not drinking in the last 30 days. (NCHA, 2014)



GOT A QUESTION

about substance use?

Email it to: healthservices@mnsu.edu

MINNESOTA STATE UNIVERSITY MANKATO

Student Health Services
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