



'S GUIDE TO

~~SURVIVE~~

THRIVE IN

COLLEGE

without drinking





HERE'S TO THE CRAZY ONES

Ralph Waldo Emerson said that life's biggest challenge is being yourself in a world that's trying to make you like everyone else. He's right too. We're constantly bombarded with rules, expectations and social norms about how we should act and who we should strive to be.

In college, we are expected to get drunk or high every weekend and talk about how great it is whenever we can. If you don't fit that mold, you might be judged and labeled a social outcast. Drinking is an easy way out.

Staying sober in college takes guts! You have to be truly confident; in yourself, your values and what you want out of life. There are countless opportunities to change who you are and become like everyone else.

That's why I started Party.0 in college and why I'm writing this short guide for you. Without support from others, it's too easy to go back on what we believe in. But doing college sober is worth it. So this is for the crazy ones. The ones that have the nerve to be boldly themselves.

#ONE KNOW YOUR "WHY"

Have you ever made a New Year's Resolution to get fit, but then quit only a few weeks later? I think most of us have. That's because our reason to lose weight or exercise wasn't as strong as the reason to do something else.

In order to accomplish great things, your reason why has to be great. I watched my family members go to hospitals, jails and even die, because of their relationship with drugs and alcohol. That reason, among others, was enough to keep me sober.

What's your reason? What do you believe about life and why you're here? What have you witnessed about using drugs and alcohol? What are your true passions, goals and desires? Will alcohol help you?

Your biggest challenges will become your greatest achievements. Being sober in college isn't easy, but I promise it's worth it. There are 200 million college students enrolled right now, and you're going to stand out from the rest. You're going to truly become the best you can be.



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Why are you sober?



#TWO HOW TO SAY NO

Saying no is extremely simple, but it is NOT easy! The word is kind of taboo. Think about it. We come up with all different ways to say no because it tastes so bad coming out of our mouths.

"Not right now."

"Eh, I'm good."

"Maybe later, let me think about it."

You're going to encounter people who want you to drink with them in college, and the worst part is that you'll want to say YES.

Not because you actually want to drink; you just don't want to say no. Saying no is hard because you're refusing someone else's offer, and that makes it feel like rejection, separation and negativity.

I would go to house parties and bars almost every weekend in college and found out a few ways to say no that make everyone happy.

“Give yourself permission to say "no" to anything that makes you unhappy or drains your energy.”

1, 2, 3 WAYS TO SAY NO

I'm not drinking tonight, how's it going?

This response is genius for two reasons. The fact that you said, “not drinking tonight” makes it unclear if you drink or not. So you avoid a lengthy conversation about why you don't drink and making them uncomfortable. Also, notice that you asked them a question after you refused their offer. That implies that, although you don't want a drink, you are still interested in them and not judging them.

That's okay, do you mind if I grab a water?

Remember two things. One, that a person offering you a drink is being nice. Two, that no one likes to say "no." So by asking them a question, you've basically flipped the situation! Now they have to respond, and because they're a nice person, they'll want to say "yes." Also, by asking for a different drink, you get to hold something in your hand and people will just assume it's alcohol.

Thanks, I actually don't drink though.

Uh oh. You just opened up a 15 minute conversation... “Why don't you drink? Do you think it's bad? Is it ok if I drink?” So only use this one if you plan on spending a lot of time with this person in the future. If you're going to be friends, it's good to learn about one another. And they'll know not to ask you to drink every single time you go out together. A good friend should support your decision to be sober.





#THREE INITIATE

There are two ways to go through life. Waiting for things to happen, or *making* them happen. People are literally waiting for you to introduce yourself, start a conversation and invite them to something.

The good news for you is that being the one to initiate conversations is like taking a jet to your desired social life when others are taking the bus.

You'll be meeting people in class, during lunch, walking home and waiting in line at the store.



“I can't believe that out of 204 countries, 809 islands, 7 seas and 7 billion people... we got to meet.”

Not only is initiating going to give you more friends and lead to more fun. You're going to develop real social skills. Things that will help you land that job, make professional connections and maybe even ask out the future love of your life!

So don't let being sober stop you from being social. Be the one who shows others acceptance and belonging by approaching them first.

#FOUR THE RIGHT PLACES

Believe it or not, nearly 30% of college students don't drink or use any drugs. Yep, but you might not meet any of them them, unless you put yourself in the right places.

What do I mean by "the right places" though? I'm talking about a place where you could actually find sober people, or at least feel comfortable asking someone if they don't drink.

The places that come to mind are the rec center, student union, campus ministry and student events.

There might even be clubs centered around student health, collegiate recovery and being sober. Anyone can go to these, even if you don't fit the exact description. You'll meet awesome people who are excited you came to hang out with them.

Go to your school's website to look for different clubs and events that are going on. Just show up and see what happens! Don't let *one* reason not to do something stop you when you have 100 reasons to do it. It's time to get out of your comfort zone.



What clubs could you check out?



PARTY.0

#FIVE PARTY HARD

I don't know when it starts, but there seems to be this unwritten law that when you turn a certain age, alcohol or weed becomes a necessity for partying or having a good time.

The truth is that most students don't really care about the it though. In fact, we surveyed our campus and found out that the top two reasons people even go to house parties and bars are to...

- 1) Hang out with friends
- 2) Meet new people

“It's not about what you do, it's about who you do it with.”

Our company, Party.0 is successful because we use every sober party as a platform to connect people and give them one new experience.

Take it from someone who's done spring break in PCB sober and started a sober party company. You can party hard without any booze. So whether you're going to a party sober, or hosting a sober party, GO CRAZY!

IS IT REALLY WORTH IT?

By the time I left college, my school had paid for me to fly around the country booking bands and comedians, speak to thousands of students about college life and start my own company that helps students like you throw massive sober parties for your campus.

Unfortunately, many students will only graduate with a piece of paper, a mountain of debt and some stories of getting drunk with their friends. The four years will pass and they'll tell stories of "the good times."

Staying sober allows you to take in every experience and learn from it. You remember the friends you made and the ridiculous things you did together. You leave college with fond memories, but know it's just the foundation of an even better future.

College is the time to discover new things, find out who you are and what you want out of life.

So to sum it up, is doing college sober worth it? If you're crazy enough to want an amazing life... yes.

PARTY.0





Party.0 helps college students
host sober parties for their campus.

Contact us to learn more

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