

What does it
mean to be
'sober curious'?

Drug & Alcohol
Impact



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

So, what is it?

The sober curiosity movement is about encouraging conscious choice around alcohol use.

Sober curiosity invites people to consider the role alcohol plays in their life and explore alternatives, without committing to a full lifestyle change.

**Drug & Alcohol
Impact**



**STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM**

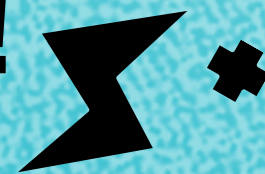
What are the benefits?

Better sleep!



Cheaper nights out!

More energy!



Drug & Alcohol

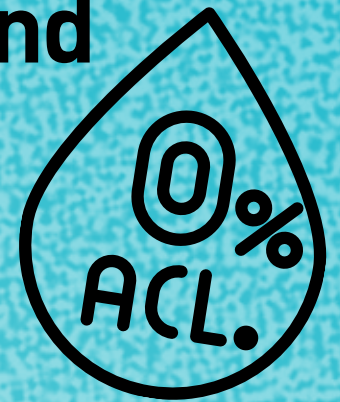
Impact



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

Where do I start?

Swap out alcoholic drinks for low and no-alcohol options!



Follow sober curious influencers for ideas and opportunities to meet other sober curious students!



Don't be too hard on yourself and enjoy it!



Drug & Alcohol
Impact



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

But, what about my social life?

Many university events and society socials are marketed 'sober curious' so there's plenty of opportunities to meet new people and socialise.

You might even prefer socialising sober!

**Drug & Alcohol
Impact**



**STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM**