

Dear Parents and Families,

Welcome to a new year and a new semester. As the Director of [Health Promotion and Prevention](#), my role is to assist students in achieving their health potential. This can include everything [from sleep, stress management, and nutrition](#) to physical activity and [substance use](#).

One of Health Promotion's recent projects has been to help our students understand the recent change in Massachusetts law [legalizing recreational marijuana](#), and how that change intersects with federal guidelines followed by Tufts and other universities in the commonwealth. While recreational marijuana is now legal in Massachusetts, it's still [not allowed on college campuses](#). We're helping students understand that Tufts' [Alcohol and Other Drugs Policy](#) and [Medical Marijuana Policy](#) remain in full effect and prohibit the use and/or possession of marijuana on campus. Our office continues to invite your student's questions, and I'd also like to invite you to ask questions or express a concern. Both my office and the [Dean of Student Affairs Office](#) are happy to hear from students, parents, and families who would like more [information or guidance](#) about our efforts to address substance use at Tufts. I'd be happy to help you think about how you might approach a conversation with your student regarding this recent change in Massachusetts law.

Health Promotion also works with the many students on the Tufts campus who choose not to use substances, including alcohol:

- We work closely with a student organization called [Another Option](#), which is dedicated to hosting excellent substance-free events. The group is growing each semester, as are the number of events it is sponsoring and co-sponsoring with other student organizations.
- We partner with [Wilson House](#), Tufts' substance-free housing option, and provide programs throughout the year.
- We direct students to Alcoholics Anonymous (AA), Adult Children of Alcoholics (ACOA), Narcotic Anonymous (NA), and Al Anon [meetings](#) on campus.

In addition to our work around substance use, Health Promotion helps students manage stress and develop habits for a healthy lifestyle. During the spring semester, we're offering the [Koru Mindfulness Program](#), a 4-week course that teaches students mindfulness, meditation, and stress management for everyday life. We're also encouraging students to eat well, get enough sleep, and stay physically active with our [Balance Your Life](#) program. It isn't always easy for busy students to practice healthy habits, but we've partnered with the [Friedman School of Nutrition Science and Policy](#) to help students living on and off campus maintain a healthy lifestyle. We're challenging them to "[Give It a Try](#)."

Finally, I'd like to introduce you to [Tufts Peer Health Collaborative](#), a collection of student health organizations that connects students with other students for resources and support. I know many students who have benefited from working with members of this peer network, which includes [Active Minds](#), [Ears for Peers](#), the [Minority Association of Pre-Health Students \(MAPS\)](#), [Tufts Pre-Vet Society \(Pre-Vet\)](#), [Tufts Tobacco-Free Initiative](#), and several others. My colleague [Beth Farrow](#), Health Education and Prevention Specialist, helps connect students through this network and would be happy to hear from you to answer questions or provide information.

I hope you and your family are enjoying a happy and healthy start to 2017. We look forward to hearing from you!

Sincerely,

Ian Wong
Director of Health Promotion and Prevention