

According to the 2000 College Alcohol Survey (Anderson and Gadaletto) college and university administrators estimate alcohol is involved with:

30% of drop outs

36% of academic failures

60% of violent behaviors

64% of unsafe sexual practices

70% of acquaintance rapes

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*The following organizations
join us in support of this message:*

American Council on Education

*American Association of Collegiate
Registrars and Admissions Officers*

*Association of Governing Boards
of Universities and Colleges*

*The BACCHUS and GAMMA
Peer Education Network*

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THE CENTURY COUNCIL

*The Council fights alcohol abuse
and is funded by America's leading distillers.*

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Parents, you're not done yet.

*Have you talked
with them
about drinking
in college?*

Low risk drinking is:

- *Thinking about whether you will drink, what you will drink before the party*
- *Being 21 or older*
- *Eating a meal before drinking*
- *Abstaining is the safest choice*
- *Drinking no more than one drink per hour; maximum 1 for women, 2 for men*
- *Always knowing what you are drinking*
- *Alternating alcohol-free drinks throughout the evening*
- *Knowing how you will get home safely before you go out*

The misuse of alcohol by under-age students and by students over 21 remains a problem for some in spite of laws, campus policies and college programs.

So, when talking to your son or daughter about their choices with regard to alcohol, you may want to discuss the differences between low-risk and high-risk drinking and abstaining.

High risk drinking is:

- *Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose, or funnel)*
- *Drinking to get drunk (intoxicated)*
- *Driving after drinking or riding with someone under the influence*
- *Drinking too much too fast*
- *Going to parties where people drink too much*
- *Not knowing what is in your glass or leaving it unattended*
- *Mixing alcohol with medications or illegal drugs*

Parents, you're not done yet.

Have you talked with them about drinking in college?

Right now

Share realistically your own experiences with drinking, both positive and negative. Be clear in what you expect from your son/daughter about such things as:

- Attending class
- Drinking and driving
- Financial responsibility
- Choices regarding drinking
- Study time vs. social time
- Staying in touch

Here are some conversation starters you may want to use:

How will you decide whether or not to drink at college?

What will you do if you find yourself at a party with only alcohol to drink?

What will you do if your roommate only wants to drink and party?

What will you do if you find a student passed out in the bathroom?

How will you handle it if you are asked to baby-sit someone who is very drunk?

Once they're at college

Since the first 6 weeks of college are a very high-risk time for first year students you may want to call, write or e-mail frequently and be supportive.

Ask some questions such as:

How are you doing?

Do you like your classes?

What is the party scene like?

What kind of activities are available?

Are you enjoying residence hall life? Why?

Do you see others making friends or just drinking buddies?

How are you getting along with your roommate?

Are you feeling overwhelmed?

What can we do to help?

And don't forget these very important topics:

Family beliefs and values regarding alcohol

How to get help on campus

How to refuse a drink

Most college students make responsible decisions about the use or non-use of alcohol. However, we also know that:

Availability of Alcohol + Absence of Parents + Desire to fit in = Potentially risky drinking decisions

For further information contact your College/University Student Affairs Office or Health Service

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