

## A Guide for Parents:

Learn, understand and use your influence.

### Facts to Know

- Today 40% males and 30% females drink to become intoxicated. Twenty years ago 20% males and 15% females drank to get drunk.
- The first 6 weeks of college for first-year students are critical to their success; about 1/3 fail to enroll for their second year.
- 1,700 college students die each year from alcohol-related injuries including motor vehicle crashes.
- About 25 % of college students report negative academic consequences because of their drinking including missing class, falling behind, doing poorly on exams or papers and receiving lower grades overall.
- 31 % of college students meet criteria for alcohol abuse diagnosis and 6 % for alcohol dependence diagnosis.

**Alcohol is the most abused drug**

## Ohio College Initiative to Reduce High Risk Drinking

Founded and facilitated by Drug-Free Action Alliance, the Ohio Initiative began in 1996 and currently includes 45 college partners. Funder: Ohio Department of Alcohol & Drug Addiction Services

Ashland University	Ohio Northern University
Baldwin-Wallace College	Ohio University
Bluffton College	Ohio Wesleyan University
Bowling Green State U.	Otterbein College
Capital University	Shawnee State University
Central State University	The College of Wooster
Cleveland State University	The Ohio State University
Columbus College of Art & Design	Tiffin University
Defiance College	University of Akron
Denison University	University of Cincinnati
Heidelberg College	University of Dayton
Hiram College	University of Findlay
John Carroll University	University of Rio Grande
Kent State University	University of Toledo
Kenyon College	Urbana University
Lake Erie College	Ursuline College
Marietta College	Walsh University
Miami University	Wilberforce University
Mount Union College	Wilmington College
Muskingum College	Wittenberg University
Oberlin College	Wright State University
Ohio Dominican University	Xavier University
	Youngstown State University

### Drug-Free Action Alliance

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## A Message To Parents About



## High-Risk Drinking at College



## Consequences of High-Risk Drinking

- **Alcohol Poisoning** – can possibly lead to death
- **Alcohol Depresses Nerves** – that control involuntary action like breathing and the gag reflex which prevents choking
- **Alcohol Interferes with Brain Development** – causing potential learning impediments
- **Violent Crimes** – 95% of those on college campuses are alcohol-related
- **Sexual Assault**: 90% of college rapes involve alcohol use by either the victim or the assailant
- **Academic Consequences** – alcohol is associated with poor grades, absenteeism and higher rates of school dropout
- **Criminal Records** – violating alcohol related laws can result in a permanent criminal record interfering with future employment and post graduate work
- **Students are Less Sensitive to Alcohol Effects** – they can drink longer before feeling drowsy increasing the potential for injuries

## What a Parent can do. . .

### Parents can still play a major role in preventing alcohol problems

- Studies clearly show that parents remain a key influence on college students
- You know your student best – be alert to identifying crisis early
- Watch for drop in grades and deterioration of family relationships
- If students know or perceive parents' disapproval of behaviors, they are less likely to engage in them
- Stay involved and stay in touch – inquire about classes, friends and extracurricular activities
- Encourage community service and other healthy activities to spend time and money
- Talk with your student – get and share facts
- Listen – lecturing doesn't work
- Communicate risks and consequences associated with underage drinking
- Refrain from glamorizing alcohol use
- Make your expectations extremely clear – provide clear No-Use messages regarding underage drinking
- Model good behaviors concerning alcohol, tobacco and prescription medicines

## Know the Laws

Ohio Colleges support all federal, state and local laws regarding alcohol

- **It is illegal** for people under age 21 to drink or possess any alcoholic beverage.
- **It is illegal** for any person to possess an open container of alcohol in a public place or in a motor vehicle.
- **It is illegal** for any person to possess, create, sell or distribute a fake ID. This is a 4<sup>th</sup> degree felony.
- **It is illegal** for people under 21 with a blood alcohol content of .02 or higher to operate a motor vehicle.

### Additional information:

Drug-Free Action Alliance  
[www.DrugFreeActionAlliance.org](http://www.DrugFreeActionAlliance.org)

The Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention  
[www.edc.org/hec/](http://www.edc.org/hec/)