

PARENTS, YOU'RE NOT DONE YET.

Have you talked with them about drinking in college?

The following text was obtained from the Century Council (www.centurycouncil.org) If you have any questions about Western Wyoming Community College alcohol policies, procedures, programs, or statistics, please contact The Student Development Center at 307-382-1652.

According to the 2000 College Alcohol Survey (Anderson & Gadaletto) college & 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.

The misuse of alcohol by underage students & by students over 21 remains a problem for some in spite of laws, campus policies & college programs.

Talk to your son or daughter about drinking.

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

- ♦ Attending class
- ♦ Drinking & 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 & 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?

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

Ask questions such as: How are you doing? ♦ 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 & values regarding alcohol ♦ How to get help on campus ♦ How to refuse a drink.



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

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

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

Most college students make responsible decisions about the use or non-use of alcohol. However, we know that: Availability of alcohol + Absence of parents + Desire to fit in = Potentially risky drinking decisions.



WESTERN WYOMING COMMUNITY COLLEGE
2500 COLLEGE DR., ROCK SPRINGS WY

STUDENT DEVELOPMENT CENTER,
ROOM 2011, 362-1652