

COLLEGE LIFE

College is a time of growth and development both academically and socially. Today most college students tend to make wise choices and healthy decisions. To increase the likelihood that healthy choices will be made, be aware of FSU's parental notification and alcohol and other drug policies.

PARENTAL NOTIFICATION POLICY

Florida State University may notify parents of dependent students under the age of 21 if the student is found to be in violation of the University's policies regarding alcohol and other drugs. This policy provides parents an opportunity to partner with their student and the University to address behaviors that could place students at risk of harming themselves or others.

Policy information is available online on PAR's website: www.tshc.fsu.edu/par. The Dean of Students Office handles on and off campus violations of the FSU Alcohol Policy and FSU Student Code of Conduct. If you have any questions regarding either of these policies, please contact the Dean of Students Office at 850/644-2428.

ADDITIONAL RESOURCES:

National Institute on Alcohol Abuse and Alcoholism:

WWW.COLLEGEDRINKINGPREVENTION.GOV

Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention:

WWW.HIGHEREDCENTER.ORG

The Partnership for Alcohol Responsibility (PAR) is a community/campus coalition designed to change the drinking culture on and off campus. It is one strategy in FSU's comprehensive approach to wellness



issues, Healthy Campus 2010, which encourages students to maintain healthy lifestyles.

For more information about alcohol and other drugs, please contact:

Thagard Student Health Center
Health Promotion
www.tshc.fsu.edu/he
850/644-8871

Partnership for Alcohol Responsibility
www.tshc.fsu.edu/par
850/644-6489

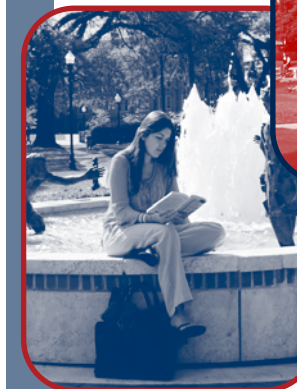
The Real Project
www.therealproject.fsu.edu
850/644-3934



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Available in alternative format upon request.

A PARENT'S GUIDE: TALKING ABOUT ALCOHOL AND OTHER DRUGS WITH YOUR COLLEGE STUDENT



PARTNERSHIP FOR ALCOHOL RESPONSIBILITY

visit www.tshc.fsu.edu/par

Thagard Student Health Center, Florida State University,
Tallahassee, FL 32306-2140 850/644-6489

THE DATA FROM THE 2007 NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) SHOWS THAT WE ARE MAKING PROGRESS AND NEED TO CONTINUE THESE POSITIVE TRENDS:

- In 2007, 43% of FSU students reported drinking 5 or more drinks (high risk drinking) the last time they partied, down from 51% in 2002. Nationally, approximately 44% of college students engaged in high risk drinking.
- In 2007, 83% of FSU students reported they used a designated driver, up from 62% in 2004.
- In 2007, 79% reported they eat before and/or during drinking (to protect from intoxication) up from 61% in 2004.

DID YOU KNOW.....

- The 2007 NCHA shows that 17% of FSU students did not drink the last time they partied.
- A 12-ounce beer has the same alcohol content as a 1.5-ounce shot of liquor or a 5-ounce glass of wine.
- The first six weeks of the first semester are critical to a first year student's academic success. Many students initiate heavy drinking during these times.

EFFECTIVE COMMUNICATION...

Most college students make responsible decisions about alcohol. There are times, however, when the availability of alcohol and the absence of parents, mixed with a desire to fit in, will add up to potentially risky decisions made by students. Remember to keep up with your college student's behaviors and activities.

PREVENTION BEGINS AT HOME

Share realistically your own experiences with drinking, both positive and negative. Be clear in what you expect about:

- attending class
- drinking and driving
- financial responsibility
- choices regarding drinking
- study time vs. social time
- staying in touch

ASK QUESTIONS

- Do you like your classes?
- How are you doing?
- What is the party scene like?
- What kinds of activities are available?
- Do you enjoy living in your residence hall or apartment?
- Can we help?

CONVERSATION STARTERS

- 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?

IMPORTANT TOPICS

- Family beliefs and values.
- How to get help on campus.
- How to refuse a drink.



DRINKING DEFINED

When talking to your college student about choices regarding alcohol, you may want to discuss the difference between low-risk and high-risk drinking. Be sure to emphasize that drinking is not an essential part of college life, and don't be afraid to encourage abstinence as a viable choice.

LOW-RISK

- Those under 21 abstaining from drinking.
- Choosing safe drinking behaviors before a party begins.
- Eating a meal before drinking.
- Pacing drinks to no more than one per hour:
- Always knowing what one is drinking.
- Alternating alcohol free drinks or water with alcohol.
- Planning a safe ride home before you go out.

HIGH-RISK

- Drinking under the age of 21.
- Chugging, drinking games, shots or drinking anything out of a punch bowl or funnel.
- Drinking to get drunk.
- Drinking every day.
- Driving after drinking or riding with someone under the influence.
- Drinking too much or too fast on an empty stomach.
- 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.

