According to the 2009 College Alcohol Survey (Anderson and Gadaleta), college and university administrators estimate alcohol is involved with:

- **30%** of academic failures
- **38%** of physical injuries
- **58%** of violent behaviors
- **59%** of unsafe sexual practices
- **65%** of acquaintance rapes

**LOW RISK** drinking is:
- Knowing your limit ([www.b4udrink.org](http://www.b4udrink.org))
- Thinking about whether you will drink and what you will drink, before the party
- Eating a complete meal before drinking
- Always knowing what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Having a plan, know how you will get home safely
- Making sure you and your friends have each other’s back
- Abstaining is the safest choice

**DANGEROUS CONSUMPTION**

**HIGH RISK** drinking is:
- Chugging, drinking games, pre-gaming, (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

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**PARENTS, YOU’RE NOT DONE YET.**

Have you talked with them about drinking and college?

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The following organizations join us in support of this message:

- American Council on Education
- American Association of Collegiate Registrars and Admission Officers
- Association of Governing Boards of Universities and Colleges
- The BACCHUS and GAMMA Peer Education Network

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This information is brought to you by:

[www.centurycouncil.org](http://www.centurycouncil.org)
PARENTS, YOU’RE NOT DONE YET.
Have you talked with them about drinking and college?

While they’re still at Home:
Be realistic when sharing your own drinking experiences, both positive and negative. Be clear in what you expect from your son/daughter about:

- Attending class
- Drinking and driving
- Financial responsibility
- Life’s choices including 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 communicate frequently and be supportive.

Ask questions such as:

- How are you doing?
- Do you like your classes?
- How is your social life going?
- How are you spending your down time?

- Are you enjoying dorm life?
- 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 you?

AND DON’T FORGET THESE VERY IMPORTANT TOPICS:
- Family beliefs and values regarding alcohol
- How to refuse a drink
- Where to get help on campus

Most college students make responsible decisions about alcohol consumption. 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, or visit
www.centurycouncil.org/fightbingedrinking • http://www.collegedrinkingprevention.gov/