How to talk to your college student about alcohol and other drugs
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Have you heard that drinking in college is a rite of passage with its most serious consequence being a nasty hangover?

Or that parents lose all power of influence once their child enters college?

Or that “everyone” drinks heavily in college?

Actually, according to a College Task Force report by the National Institute of Alcohol Abuse and Alcoholism, the consequences of students’ excessive alcohol use in college are more significant, destructive, and costly than parents may estimate.

Research has shown that open, two-way communication between parents and their sons or daughters can greatly reduce students’ heavy drinking.

Students, parents, faculty, staff, and community members tend to overestimate alcohol use in college in general as well as at SDSU. You may be surprised to know that SDSU’s rates of alcohol use are below the national average! It is important that you, as a parent, do not accept heavy drinking as “normal” and something that you cannot impact. You are a vital source of influence and an important partner in our comprehensive approach to alcohol and other drug use on campus. Inside and outside the classroom, every experience at SDSU is educational.

The first weeks of the first semester of college are critical to the academic success of the entering student. Because heavy alcohol use and drug use can complicate and negatively affect the student’s transition, it is an important time to begin talking with your son or daughter about the consequences of alcohol and other drug use. We also recommend continuing to have conversations periodically through the year via telephone and in person. The information in this pamphlet is provided to assist you in talking with your son or daughter as he or she begins this critical new phase of life as a student at San Diego State University, and to familiarize you with some of the innovative and internationally recognized ways we address these concerns.

In an effort to assist students in understanding the impact of alcohol use and to support healthy choices, SDSU is implementing a new requirement. All incoming freshmen and new transfer students will need to complete
the e-CHUG (www.sdsu.edu/e-chug), an online alcohol assessment, which provides students with personalized feedback about their own use of alcohol and corrects misperceptions about typical alcohol use by students at SDSU and at universities across the country. Students will need to complete the e-CHUG during their first semester at SDSU. They will be able to do this anonymously.

Why should I talk to my student about alcohol and other drugs?

Your lifelong relationship with your son or daughter means that you have tremendous influence over the decisions he or she makes. This influence will continue even after they have started college. Even though it may feel like he or she is on the brink of adulthood, your college-bound student still looks to you for guidance and support. You are a primary influence in your student’s life and can create healthy and realistic expectations about behaviors around the use of alcohol and other drugs. We encourage you to talk with your student about your expectations regarding drug and alcohol use and to continue the dialogue throughout their time at SDSU. Although students are not likely to bring up the topic, they will listen if you do. You may not even get a response, but research shows that students pay attention when their parents talk about alcohol and drugs.

When should I talk to my student about alcohol and other drugs?

The conversations should start now! Transitioning to college can be stressful. Your student will be adjusting to a new environment, new social situations, and new opportunities to make healthy decisions. Be proactive and talk to them about the difficult decisions they will have to make when it comes to alcohol and other drugs. New college students are often homesick and, wrestling with a desire to fit in, they can be easily influenced by others. Conversations about alcohol and drugs before they leave home help prepare them to make positive decisions.

Continue these conversations throughout your student’s time at SDSU. Pay attention to your student’s experiences and activities during the crucial first six weeks on campus, as making poor choices regarding alcohol and drug use can negatively impact your student’s success at college.

Continue to talk about the challenging situations that are bound to come up from time to time. Ask about the decisions they have made and support healthy choices. Each time your student comes home, continue these conversations and ask questions. Be ready for a new, somewhat more mature version of your child to walk through your door – bearing dirty laundry, of course.

How do I start a conversation about alcohol and other drugs?

Setting the tone:

- Be prepared to establish an ongoing conversation, not a one-time speech.
- Evaluate and be willing to articulate your own views about alcohol and other drug use.
- Avoid contradictions between your words and your actions.
- Exchange contradictions face-to-face if possible, but also call, e-mail or even text message your son or daughter.
- Make it your family’s goal to talk openly and honestly about these topics.
- Listen to your son or daughter in a non-judgmental manner. Keep an open mind and remain calm even if your student asks you questions or tells you about a situation that shocks you. Be careful not to judge or express anger about small “behavior lapses” – if your student feels you disapprove, he or she may not feel comfortable sharing with you in the future.
- Allow your son or daughter to express fears and concerns without your interruption. By putting your emotions aside and listening, you may learn a lot that will help you guide your student.

What to ask:

- Ask often about academics, roommates, your student’s social/leisure time activities, and drinking and social behavior of roommates and friends. While your student might hesitate to talk about their own behaviors, talking about their friends will open the door for you to have conversations about healthy behavior.
- Ask open-ended questions that require more than a yes or no answer. If there is something that you want to know, ask.
What should I say (or not say) to my student about alcohol and other drugs?

What to say:
- Prior to leaving for college and during the first six weeks, create hypothetical situations: How would you handle it if your roommate drinks too much? What would you do if you found someone passed out? What if someone offers you a drink and you do not know what is in it? How will you ensure that you are safe?
- Clearly state your expectations with regard to alcohol.
- Expand the conversation to include academic success, personal safety, sexual activity, and drugs other than alcohol.
- Stress to your son or daughter the importance of looking out for others and knowing when to get help.
- Let him or her know that at SDSU, there are many students who choose not to drink or use drugs at all.
- Inappropriate use of alcohol and other drugs is often a sign of deeper issues; don’t be afraid to ask your son or daughter what might be going on.
- If they are having a problem with alcohol or other drugs, be prepared to refer them to resources on campus. Be familiar with the help that is available at SDSU (see “For More Information” in this brochure).
- Tell your student to stand up for his or her right to a safe campus environment. Students who do not drink can be affected by the behavior of those who do. Encourage your student to discuss the problem with the appropriate staff member and/or resource available on campus (see “For More Information”).
- Look for and create “teachable moments” such as television shows or clips, news, or newspapers/magazines that deal with substance use.

What not to say:
- Avoid telling tales of drinking exploits from your own college years. Entertaining your student with stories of drinking back in the “good old days” just makes it sound like “everyone does it.” In fact, a lot of students choose not to drink excessively or use illegal drugs. Let your child choose that path if they wish.
- The “I’m your parent and I have the right to know” questions can be frustrating for your student. It is a good idea to talk about communication guidelines ahead of time to establish expectations on which you can all agree.
- Do not be overly alarmed about emotional phone calls or letters. After unloading problems, students usually feel better. Serve as a sounding board for your student and do not overreact to all problems. If problems are serious or out of character, resources for students and parents are available on campus.

Who can help me talk to my student about alcohol and other drugs?

Refer to the resource section on the back cover of this pamphlet for guidance when needing assistance for your student with alcohol or other drugs. Resources are also available to assist parents whose student might have a problem with alcohol or other drugs.

College drinking

There are many stereotypes of the college student; sadly, one is of the heavy drinker. Though most students do not engage in the type of frequent, heavy drinking characterized in popular media, research does tell us that a substantial minority does. In fact, nationally about 40 percent of college students report a recent episode of drinking 5 or more drinks in one setting.

Such drinking causes consequences; more than 1,700 college students die each year in alcohol-related incidents. Most of those deaths stem from vehicle crashes. Another 500,000 are injured from alcohol-related incidents. We also know that sexual assault, fights, and academic problems are being experienced by a large number of students as a consequence of their drinking.

There are legal consequences to consider as well. Since most college students in the U.S. are under the age of 21, possession and consumption of alcohol may place the student at risk for arrest or citation. Driving drunk also can be a costly mistake, with fines and driving restrictions common penalties for DUIs across the nation.
At SDSU, we are fortunate to have a lower rate of heavy drinking than the national average. About 70 percent of our students report no recent episodes of heavy drinking. However, that is not to say that alcohol is not a serious problem for a substantial minority of our students. Sadly, we have experienced our share of the tragic consequences of alcohol abuse. Heavy drinking at parties, especially in the neighborhood around campus, has also led to conflict between our students and campus neighbors. Noise violations, vandalism and disruptive behavior are a serious concern that is tied to alcohol use among our students.

Tijuana, Mexico, provides an additional challenge. In Tijuana, the drinking age is 18 and practices in many bars and nightclubs there encourage excessive consumption. Many of our students who have tried drinking in Tijuana report negative experiences, such as unwanted touching or being hassled by local police.

Illegal drugs

While alcohol is the most commonly abused substance on college campuses, illegal drugs, such as marijuana, cocaine, and ecstasy are present at colleges across the nation. Each drug has its own particular effect on the body, and poses its own unique risks in addition to the possibility of developing dependence. Marijuana has been shown to cause impairments that make driving hazardous. Both cocaine and ecstasy can cause organ damage and pose overdose or reaction risks that can be fatal.

Again, most SDSU students do not use illegal drugs. Surveys of our students tell us that in the past year:

- 65 percent have not used any marijuana
- 93 percent have not used any cocaine
- 95 percent have not used any ecstasy
- 99 percent have not used any methamphetamine.

It’s important that students know that while they may feel pressured to use illegal drugs, most students resist and avoid any use.

Prescription Medicine Abuse

There is no question that the nation is experiencing a growing problem of prescription medicine abuse. This problem extends well beyond college campuses and includes high school age youth as well as adults. Pain medications, muscle relaxants, and stimulants are all being abused. Whether they are used to get high, to recover from a bad night, or as a study aide, use of these medicines can lead to serious medical consequences. Medicines are placed under prescription controls because the medical community has identified significant, possibly life-threatening effects if care is not taken in how they are administered.

Students who take prescription medicines without a valid prescription are at heightened risk for developing dependency. Also, these medications can be very dangerous when mixed with other drugs or alcohol; fatal consequences can occur. Overdose is also a serious risk and can lead to deaths. Again, though about 90 percent of SDSU students have not used a drug like Oxycontin, Ritalin, Adderall or Vicodin without a prescription, the consequences of such use can be so harmful that it is important students are told that just because it’s a medicine, doesn’t mean its safe to abuse.

Tips for Parents regarding fraternity and sorority activities

San Diego State University has a vibrant fraternity/sorority (“Greek”) community with about 50 chapters, including both general and culturally based chapters. The organizations provide opportunities for friendship, leadership, campus involvement, community service and recreation. Although there is much more to Greek life than partying, members of social organizations sometimes engage in high risk activities. Students considering joining a Greek organization should ask appropriate questions and join a responsible organization that reflects their own interests and values. Check the SDSU Greek Life Web site (www.greeklife.sdsu.edu) to make sure the organization your son or daughter joins is recognized and is in good standing with the university. If your son or daughter joins a fraternity or sorority, request contact information for the faculty/staff and/or volunteer alumni advisors for the chapter and feel free to contact the advisor if you have concerns.
Housing

All SDSU general fraternities and sororities and a couple of culturally based fraternities occupy chapter houses. Fraternity and sorority housing is private and not considered to be on-campus housing. The national policies of the sororities require that their houses be alcohol free, and they also require a live-in house director (“house mother”). Most fraternity houses are not required to be alcohol free, and fraternities do not have live-in advisors or staff, although there are volunteer alumni advisors who oversee the chapters.

Alcohol

Many fraternity and sorority events, such as formal dances, are held at licensed establishments such as hotels. Busses are provided and all members and guests are required to ride on the bus in order to prevent students driving after drinking. For students under the age of 21, drinking is against the law and against campus policy, even at fraternity parties.

Research at SDSU and other institutions demonstrates that binge drinking and recreational drug use is higher for fraternity and sorority members. We encourage you to have frank discussions with your son or daughter about peer pressure and moderation. All prospective fraternity and sorority members are required to complete a brief online course and quiz to educate them on alcohol, drugs, hazing and campus policies pertaining to Greek Life in order to be eligible to join.

Although hard alcohol (liquor) is not permitted at fraternity parties held at chapter houses, the policy is difficult to enforce and several chapters have been sanctioned for violation of the policy. Virtually all instances of alcohol poisoning stemming from off-campus parties are the result of students drinking hard alcohol (especially when they are drinking straight shots and playing drinking games). Discuss this danger with your son or daughter.

For safety, students (especially women) who attend fraternity or other parties should be encouraged to arrive, stay and leave in a group so they can watch out for one another. Drinks should never be left unattended.

Recruitment (rush) and new member activities such as initiation and big brother/sister events are required to be dry. Information about other fra-

ternity and sorority alcohol and hazing policies can be found on the Parents Resources section of the SDSU Fraternity and Sorority Life Web site (www.greeklife.sdsu.edu). If you have questions or become aware that a chapter is not in compliance, you are encouraged to discuss the matter with the Coordinator of Fraternity and Sorority Life at (619) 594-5221 or greeklife@sdsu.edu. If you discover evidence of hazing, you can also make an anonymous call to the national hazing hotline, 1-888-NOT-HAZE, where the call will be referred to the appropriate national headquarters.
For More Information:

If you would like more information about student alcohol and drug use, you may contact the following SDSU offices:

Counseling & Psychological Services
(619) 594-5220
Information about alcohol and other drug prevention and intervention programs available to SDSU students, as well as consultation services for students, parents, staff and faculty who are concerned about an SDSU student.
www.sdsu.edu/cps

Alcohol and Other Drug Initiatives, Student Health Services
(619) 594-4133
Information on prevention programs, campus policies and services related to alcohol and other drugs.
www.sdsu.edu/ods

SDSU Fraternity and Sorority Life
(619) 594-5221
Information about fraternity and sorority alcohol and hazing policies.
www.greeklife.sdsu.edu

Residential Education Office
(619) 594-5742
Information about alcohol policies or alcohol-related concerns in the residence halls.
www.sdsu.edu/housing

Useful Web Links:

Tips on “What Parents Need To Know About College Drinking”: www.collegedrinkingprevention.gov/reports/parents/defautl.aspx

The electronic Check-Up to Go (e-CHUG) - an interactive web assessment that allows SDSU students to enter information about their drinking patterns and receive feedback about their use of alcohol.
www.sdsu.edu/e-chug

The electronic THC Online Knowledge Experience (e-TOKE) - a marijuana-specific brief assessment that allows SDSU students to enter information about their smoking patterns and receive feedback about their use of marijuana.
www.sdsu.edu/e-toke

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

National Institute on Drug Abuse
www.nida.nih.gov

Online blood alcohol calculation and information on alcohol’s effects at various blood alcohol levels:
www.factsontop.org

County of San Diego Health & Human Services Alcohol and Drug Services (ADS) - provides an integrated system of community-based alcohol and other drug prevention, intervention, treatment, and recovery services throughout San Diego County
www2.sdcounty.ca.gov/hhsa/ServiceCategoryDetails.asp?ServiceAreaID=15

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