Alcohol, Drugs & University Life

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A time of Transition for Parents and Teens

• New phase in parenting

• Helped your teen build a strong foundation for good decision-making and self-sufficiency

• How do you handle this phase of letting go?

• Have you talked to your son or daughter about alcohol use?
Advice from the Century Council....

• Most college students make responsible decisions about the use or non-use of alcohol.

• However, we now know that:

  Availability of  +  Absence of  +  Desire to  +  Stress  =  
  Alcohol    Parents    Fit in

= POTENTIALLY RISKY DRINKING BEHAVIOR
Pay special attention to your son’s or daughter’s experiences and activities during the crucial first six weeks on campus. With a great deal of free time, many students may initiate heavy drinking during these early days of college, and the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life.
What has changed:

• What they drink
  (potency of alcohol)
• How much they drink
• Frequency of drinking
• Age they begin drinking
• Availability
• Parent /adult supervision
• Students do not drink for social reasons but to get drunk
Alcohol in our Society

• Once only sold through taverns and liquor outlets, alcohol is now sold in grocery stores, convenience stores, gas stations, airplanes, internet and even drive through purchase points

• Increasing availability and accessibility not only makes alcohol easier to obtain but also changes the thinking about our drinking behavior.
Five Guidelines

1. Continue to Conversation
2. Create shared expectations
3. Know and respect the Law/IWU policy
4. What are the “True” norms
5. Take advantage of campus resources
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?
- What will you do if your roommate only wants to drink and party?
- How will you handle it if you are asked to babysit someone who is very drunk?
Continuing the Conversation

Once they are here at IWU:

• How are you doing?
• Do you like your classes?
• What is the party scene like?
• What kind of activities are available?
• Are you enjoying living in the residence hall?
• Do you see others making friends or just drinking buddies?
• How are you getting along with your roommate? What are your roommates behaviors like?
• Be aware of signs of possible alcohol abuse (lower grades, reluctance to talk with you about their activities, mood changes).
Create Shared Expectations

- Attending class
- Financial responsibility
- Choices regarding drinking
- Study time vs. social time
- Staying in touch
- The penalties of underage drinking, using a fake ID, and public consumption
# Know and Respect the Law

## IT’S ILLEGAL TO DRINK UNDER AGE OF 21!!!

<table>
<thead>
<tr>
<th>Offense</th>
<th>Loss of License</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test Failure, 1\textsuperscript{st} offense</td>
<td>3 months</td>
</tr>
<tr>
<td>Test Refusal, 1\textsuperscript{st} offense</td>
<td>6 months</td>
</tr>
<tr>
<td>Test Failure, 2\textsuperscript{nd} offense</td>
<td>1 year</td>
</tr>
<tr>
<td>Test Refusal, 2\textsuperscript{nd} offense</td>
<td>2 years</td>
</tr>
</tbody>
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Use it, lose it penalties: $250 fine
FAKE IDs ARE ILLEGAL!!!!

• Possession or Use of a Fake Driver’s License or State ID: Automatic 1 year suspension of your driver’s license, a minimum fine and up to 1 year in jail.

• Displaying Another Person’s Driver’s License or State ID as your Own or Lending yours to Another Person: Automatic 1 year’s driver’s license suspension for both parties plus a minimum of $500 fine and up to 1 year in jail.

• Altering or Manufacturing a Driver’s License or State ID: Automatic 1 year’s driver’s license suspension plus Class 4 Felony charges of 1-3 years in prison & up to $25,000 in fines.
Know and Respect The Law

- IWU Alcohol Policy and Adjudication Guidelines

- Enforced consistently

- http://www2.iwu.edu/judicial/Alcohol_Policy.shtml
College students are:
Widespread, unsafe, and in all cases....ILLEGAL!
What Are True Norms

Alcohol Use at Illinois Wesleyan University
Measure Used: CORE Alcohol & Drug Survey

- Developed at SIU
- Measures alcohol and other drug use, attitudes, and perceptions among college students
- Used throughout IL, but nationally as well, more than 150 institutions, N > 71,000 students
2011 Sample:
ORL, Fraternities/Sororities, Off-Campus

All students surveyed/asked to participate.
N= 615, 29% response rate
National Vs. IWU Comparisons

- Drinks per week

The bar chart compares the number of drinks consumed per week between national and IWU. The chart shows:

- National: 5.2 drinks per week
- IWU: 4.2 drinks per week
2011 – IWU Age of 1st Alcohol Use

49.8% Age 18 or Older
33.2% Age 17 or Younger
17% Never Use
Clarify...

My Doctor said "Only 1 glass of alcohol a day". I can live with that.
2011: IWU Average
# of Drinks/week

- 2010-2011 academic year

- 39.7% of students had 0 Drinks
- 34.9% of students had 1-5 Drinks
- 23.0% of students had 6-20 Drinks
- 2.3% of students had 21 or More Drinks
Campus Resources

- Over 150 Organizations
- Late night activities through Student Activities
- Office – Hansen Student Center
- Alcohol prevention and alcohol education efforts – both active and passive.
- On line self-assessment programs on CCS’s website
- Arnold Health Services & Counseling & Consultation Services, both in Magill Hall
High Risk Drinking

- Chugging, drinking games, shots, (drinking anything out of a punch bowl, trough, hose or funnel)
- Drinking to get intoxicated (keg stands)
- Driving after drinking or riding with someone under the influence
- Drinking too much or too fast on an empty stomach
- Going to parties where others drink too much
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with any medications or illegal drugs
Low Risk Drinking

• 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 1 drink per hour, maximum 3 for women, 4 for men
• Always knowing what you are drinking
• Alternating alcohol-free drinks throughout the night
• Knowing how you will get home safely before going out