Alcohol is estimated to be involved with:
- 27% of dropouts
- 33% of academic failures
- 58% of violent behaviors
- 59% of unsafe sexual practices
- 63% of acquaintance rapes

If Your Student is a Non-Drinker:
Ask, “How are you handling the pressure to drink?” and “How do your friends support your choice to abstain?”
Encourage your student to attend UNCW Weekends events, CROSSROADS Happy Hour, and to get involved as a way to make friends outside of the party scene.

Wilmington has a strong recovery community with many resources for students. CROSSROADS can be a resource to connect students to others in recovery.

For more tips, information, and resources:
uncw.edu/crossroads
collegedrinkingprevention.gov
higheredcenter.org/services/audiences/parents

Information in this brochure from:


UNCW statistics from the 2009 UNCW Substance Abuse Surveys, n=1309.
**College Drinking**

**Good Choices are the Norm**

Despite how college is portrayed, almost 3 out of 4 UNCW students make low-risk choices related to alcohol use, including over 20% who abstain.

**Parents Make a Difference**

Parents can help new students to see past the images to the realities of college life. Parents can help prevent alcohol or drug abuse by continuing to communicate your family’s values related to drinking, drug use and possible consequences to your student. Parents have a strong influence on college student drinking. Research has shown that the more parents talk to their college students about drinking, the more likely their student is to make safer and healthier choices about alcohol use.

Share your realistic expectations of your student’s behavior and what college is all about – pursuing a first-rate education, broadening their perspective, and building healthy adult relationships.

Don’t share stories of your own high-risk behaviors or reinforce unhealthy misperceptions of college life.

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**This Summer:**

Send **consistent messages** to your student. Discuss your values and define responsible alcohol use prior to the student’s departure for college.

**Discuss situations** they may be faced with. Ask “What are some ways you will reduce your risks if you decide to drink?”, “What will you do if your roommate only wants to party?” and “How will you handle it if you are asked to baby-sit someone who is very drunk?”

Educate your child about **consequences** such as alcohol poisoning and the penalties for breaking campus policies and for being arrested for underage consumption, carrying a fake I.D., and D.W.I.

**Do more listening than talking.** Demonstrate that you trust them to make safe and healthy decisions.

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**During the First 6 Weeks:**

**Call frequently.** Inquire about their roommate, their new friends, and the social scene that they are experiencing. Ask “What are the parties like?” or “What are you doing for fun?”

If your student drinks, ask, “How do you keep it safe?”, “What negative consequences are you experiencing from drinking?” and “Are you making friends or drinking buddies?”

Encourage your son or daughter to get **involved** on campus in student organizations, community service, and student government.

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**Involvement can help your student build a strong connection to the campus community, make healthy friendships, and even learn to manage their time.**

Ask about your students’ academic experiences and remind them that getting an education is the purpose of college. **Going to class** is an essential component of success.

If your student violates campus policy, allow them to **experience the negative consequences** resulting from their choices. Intervening on their behalf can prevent students from recognizing a mistake.

**Recognizing a Problem**

Some **signs to watch for** include a sudden drop in grades, never being available or reluctance to talk to you, unwillingness to talk about their activities or friends, judicial troubles on or off-campus, and serious mood or personality changes.

Ask “Are you feeling overwhelmed?” and “How can we help?”

If you are concerned, you can call CROSSROADS at 962-4136 to get more information on warning signs and how to intervene.