Congratulations!

Your student is embarking on his/her college career at Florida Atlantic University. This is an exciting time of transition for everyone. Over the next few months s/he will begin to discover a new sense of independence. Your support is critical during this time of self-discovery. Your student may be exposed to various choices associated with college life—those decisions can impact future life goals. The purpose of this resource guide is to provide you with information regarding issues commonly confronting college students. We encourage you to familiarize yourself with this information and to discuss it openly with your student.

Do You Know?

STUDENTS WHO CONSUME ALCOHOL OR USE OTHER DRUGS MAY BE AT RISK FOR:
• blackouts/alcohol poisoning/overdose
• academic problems
• alcoholism
• sexual assault
• injuries
• legal and disciplinary sanctions
• driving/biking under the influence
• unplanned/unprotected sex
• sexually transmitted infections
• broken trust/relationships

Alcohol and other drug abuse can crush dreams and aspirations. For a snapshot of annual high-risk college drinking consequences check out: http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx

Do You Know?

WHAT IS A DRINK?

12oz. beer (4% alcohol) = 5oz. glass of wine (11% alcohol) = 1 shot of hard liquor (40% alcohol)
Do You Know?

THE DIFFERENCES BETWEEN LOW-RISK AND HIGH-RISK DRINKING?

Low-risk drinking involves:
• Abstaining
• Being 21 or older — underage drinking is illegal, as are fake I.D’s
• Eating a meal before drinking
• No more than one drink per hour
• Always knowing what you are drinking (mixed drinks or punch may contain multiple shots — it’s not just one drink, just one container)
• Alternating alcohol-free drinks throughout the evening
• Knowing how you will get home safely before you go out
• Designated drivers don’t drink alcohol

High risk drinking involves:
• Chugging, drinking games, shots
• Drinking anything out of a punch bowl
• Driving or riding with someone under the influence
• Binge drinking (defined as drinking four drinks during a single occasion for women and five drinks for men)
• Going to parties where people drink to get drunk
• Not knowing what is in your glass or leaving it unattended
• Mixing alcohol with medications or illegal drugs

Do You Know?

Blood alcohol content or BAC is the measure of how much alcohol is in an individual’s blood. The legal limits in the state of Florida are:

• Under the age of 21 – .02
• 21 or over – .08

BLOOD ALCOHOL CONCENTRATION

BAC CHART FOR MALES

<table>
<thead>
<tr>
<th>DRINKS</th>
<th>BODY WEIGHT IN POUNDS</th>
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<tbody>
<tr>
<td></td>
<td>100</td>
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<tr>
<td>1</td>
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<td>7</td>
<td>.26</td>
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</tbody>
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Subtract roughly 0.015% for each hour of drinking

BAC CHART FOR FEMALES

<table>
<thead>
<tr>
<th>DRINKS</th>
<th>BODY WEIGHT IN POUNDS</th>
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<tr>
<td>8</td>
<td>.36</td>
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</tbody>
</table>

Subtract roughly 0.015% for each hour of drinking
Do You Know?

ALCOHOL DISCRIMINATES
Men And Women Are Not Equal

<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to dilute alcohol</td>
<td>Average total body water: 52%</td>
<td>Average total body water: 61%</td>
</tr>
<tr>
<td>Ability to metabolize</td>
<td>Have less of an enzyme that metabolizes</td>
<td>Have more of an enzyme that metabolizes</td>
</tr>
<tr>
<td>alcohol.</td>
<td>alcohol.</td>
<td>alcohol.</td>
</tr>
<tr>
<td>Hormonal factors,</td>
<td>Get drunk faster during premenstrual</td>
<td>No fluctuation!</td>
</tr>
<tr>
<td>Part 1</td>
<td>cycles.</td>
<td></td>
</tr>
<tr>
<td>Hormonal factors,</td>
<td>Alcohol increases estrogen levels.</td>
<td>Alcohol increases estrogen levels, which</td>
</tr>
<tr>
<td>Part 2</td>
<td>Medicines with estrogen increase</td>
<td>can result in undesirable health risks.</td>
</tr>
<tr>
<td></td>
<td>intoxication.</td>
<td></td>
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<tr>
<td></td>
<td>Example: Birth Control</td>
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</tbody>
</table>

Do You Know?

Not everyone is doing it. Students tend to over-estimate just how much and how often their peers are drinking. They believe their peers are drinking and drinking a lot. In reality, college surveys conducted nationwide have proven these perceptions to be erroneous. The majority of college students are making wise choices regarding alcohol and other drugs. In fact, according to a health assessment survey conducted on FAU’s Boca Raton campus in 2006, approximately 38% of students indicated they had never or not recently consumed alcohol and 89% reported never or not recently using marijuana.

Do You Know?

WARNING SIGNS OF A SUBSTANCE ABUSE PROBLEM:

- High tolerance for alcohol or other drugs
- Family history of alcohol or other drug problems
- Poor school/work performance or attendance
- Turning to alcohol in response to emotional ups and downs
- Unexplained requests for more money or taking a second job
- Moodiness, defensiveness, denial or shutting down
Do You Know?

SIGNS OF ALCOHOL POISONING:

- Mental confusion, stupor, coma or person cannot be awakened
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Bluish skin color, paleness and/or hypothermia (low body temperature)
- Light pulse and/or erratic heart beat

Call 911. Time is critical in getting help and saving a life.

Do You Know?

DRINKING CAN LEAD TO OTHER DRUG USE

Marijuana

Alcohol is frequently used in combination with other drugs. Marijuana, which is classified as a hallucinogen, is the most widely used illicit drug among college students.

Short-term effects of marijuana use include:

- increased heart rate
- dryness of the mouth
- reddening of the eyes
- impairment of motor skills, concentration and short-term memory
- depression and mood swings
- lack of motivation

Long-term effects of marijuana use include:

- decreased immunity to infections
- difficulty in comprehending complex ideas
- impotence and infertility
- lung cancer and other respiratory diseases

Marijuana is physically and psychologically addictive. Marijuana use is riskier today compared to previous decades because the drug is more potent. Also, not all marijuana is “pure” and may be laced with other drugs—including phencyclidine (PCP), lysergic acid diethylamide (LSD), and cocaine—or other harmful substances.
Prescription & Over-the-Counter Medications
Abuse of prescription and over-the-counter medications is at an all-time high.

The four most common categories of medications used non-medically are:
• opioids (pain killers such as OxyContin, Oxycodone and Roxicodone)
• benzodiazepines (anti-anxiety medications such as Xanax)
• amphetamines/stimulants (ADHD medications)
• over-the-counter medications (i.e., cough and cold medications)

Prescription medications are often obtained from someone with a prescription, purchased from the Internet or stolen.

Some medications, used alone in sufficient doses or in combination with alcohol or other drugs, can be lethal.

Do You Know?
Substance abuse can lead to significant consequences. For information, check out the following policies and informational sites:

• Alcohol Policy and Parental Notification
  www.fau.edu/student/aod/faupolicy.htm
• Housing Policy
  The Housing Policy regarding alcohol can be found in the Housing Guidebook at
  www.fau.edu/housing/guidebook.html
• Code of Conduct
• FAU Clery Act Statistics
  www.fau.edu/police/clery.php
• Florida State Laws
  www.leg.state.fl.us/statutes/

Reference the following statutes:
FSS 562.11 – Possession of alcoholic beverages by persons under age 21 prohibited
FSS 562.11 – Selling, giving or serving alcoholic beverages to person under age 21
FSS 856.011 – Disorderly intoxication
FSS 856.015 – Open house parties
FSS 322.212 – Fictitious driver’s license or ID card

Possible state sanctions for the first conviction include 60 days in jail, a fine and/or community service.
What To Do:

HAVE OPEN COMMUNICATION FROM THE START.
Establish with your student what is academically realistic. If s/he is struggling they need to be comfortable in letting you know the challenges they are facing. Together you can discuss strategies to improve the situation. Alcohol is associated with missed classes and poor performance causing lower grade point averages (GPA’s). Typically, the more alcohol a student consumes each week, the lower the GPA. You may need to ascertain if alcohol or other drug use is a contributing factor.

RECOGNIZE THAT FRIENDS CAN MAKE ALL THE DIFFERENCE.
Many students don’t drink and of those who drink, many are making responsible choices. Unfortunately some students choose to ignore the positive messages. Peer influence is a very significant factor in staying safe rather than becoming a statistic.

ENCOURAGE SOCIALIZING WITHOUT ALCOHOL.
Meeting people can be accomplished in a variety of ways. Student clubs and organizations, campus activities and campus recreation offer great ways for students to get involved.

ENCOURAGE FINDING HEALTHY WAYS TO MANAGE COLLEGE LIFE.
Exercising, volunteering and making new friends are just some activities that can help to lessen the stress a college student may face.

STRESS THE IMPORTANCE OF INTERVENING WHEN A PEER IS ABUSING SUBSTANCES.
Interceding when someone is drinking dangerously, recognizing the signs and symptoms of alcohol poisoning and getting help can help save a life.

STRESS THAT DRINKING ALCOHOL TO THE POINT OF IMPAIRMENT OR INTOXICATION CAN BE LIFE ALTERING.
Discuss the differences between low-risk and high-risk drinking. Many students often suffer unexpected and unwanted consequences as a result of high-risk drinking.

EXPLAIN THE LEGAL PENALTIES FOR UNDERAGE DRINKING, FAKE ID’S AND DUIS.
Setting the facts straight can help a student to understand the legal implications of the decisions they make.

ENCOURAGE STANDING UP FOR THE RIGHT TO A SAFE AND CONSTRUCTIVE ACADEMIC ENVIRONMENT.
Students who do not drink can be affected by the behavior of those who do, ranging from interrupted study time to assault or unwanted sexual advances. Students can confront these problems directly by discussing them with the offender and/or seeking help from a staff of faculty member. The Counseling Center, Student Health Services, Today & Beyond Wellness, Dean of Students Office and Victim Services are offices that will assist students. There are also many community resources that are available.

EXAMINE YOUR OWN VALUES AND BEHAVIOR.
The messages you send regarding alcohol and other drugs influence the choices your student makes. Refrain from glorifying alcohol related stories from your college days.

STAY IN TOUCH.
Communicate openly with your student. Listen, ask questions and try not to react in a way that will shut down a conversation. You play a large role in preparing your student to make responsible choices.
Alternatives to Alcohol – Campus Events and Activities

Florida Atlantic University offers many social activities not involving alcohol. Encourage your student to check out the following links to learn more about campus life.

• **MASTER CALENDAR**  
  [http://fau.hosted.webevent.com/cgi-bin/webevent.cgi?cmd=opencal&cal=cal1](http://fau.hosted.webevent.com/cgi-bin/webevent.cgi?cmd=opencal&cal=cal1)

• **FAU BOCA RATON**  
  **Student Development and Activities**  
  [www.fau.edu/sda](http://www.fau.edu/sda)  
  **Campus Recreation**  
  [www.fau.edu/campusrec](http://www.fau.edu/campusrec)

• **FAU BROWARD**  
  **Wellness Center**  
  [www.fau.edu/student/broward/wellnessbroward](http://www.fau.edu/student/broward/wellnessbroward)  
  **Clubs and Organizations**  
  [www.fau.edu/student/broward/activitiesbroward/clubs.php](http://www.fau.edu/student/broward/activitiesbroward/clubs.php)

• **FAU JUPITER**  
  **Student Development and Activities**  
  [www.fau.edu/jupiter/current-students/student-development.php](http://www.fau.edu/jupiter/current-students/student-development.php)  
  **Campus Recreation**  
  [www.fau.edu/jupiter/current-students/recreation.php](http://www.fau.edu/jupiter/current-students/recreation.php)

• **FAU TREASURE COAST**  
  **Campus Student Services**  
  [www.fau.edu/psl/prospective-students/studentservices.php](http://www.fau.edu/psl/prospective-students/studentservices.php)

Resources

**Campus**

• **COUNSELING CENTER**  
  561-297-3540 (Boca Raton)  
  954-236-1216 (Broward)  
  561-799-8621 (Jupiter)  
  [www.fau.edu/student/counsel](http://www.fau.edu/student/counsel)

Offers individual, couples, family and group counseling, psychiatric services, alcohol and other drug counseling, counseling in life skills and life direction and workshops and seminars in interpersonal and wellness areas. Also provides a substance abuse prevention program designed to educate incoming students about responsible choices regarding drinking and drug use in the college environment. There is no charge to registered FAU students.”
In The Know

A Resource Guide for Parents of First-Year FAU Students

Florida Atlantic University Division of Student Affairs

• STUDENT HEALTH SERVICES
  561-297-3512 (Boca Raton)
  (954) 236-1236 (Broward)
  561-799-8690 (Jupiter)
  (772) 873-3302 (Treasure Coast)
  www.shs.fau.edu

Provides comprehensive medical care to FAU students. General medical care is provided for mental health issues, dental procedures, illness and injuries, and men’s and women’s health problems.

• TODAY & BEYOND WELLNESS
  (561) 297-1048 (Boca Raton)
  www.shs.fau.edu/today

Provides education, support and resources in all areas of wellness including stress management, alcohol and other drugs, sexual health and nutrition. The department is located on the Boca Raton Campus and provides support and resource information for both on and off-campus services. Today & Beyond Wellness also offers Ask the Expert, a health question and answer internet resource students can utilize in order to ask questions anonymously and find credible health information. The direct link to the Ask the Expert website is www.shs.fau.edu/today/askexpert.cfm

• DEAN OF STUDENTS OFFICE
  (561) 297-3542 (Boca Raton)
  (561) 236-1236 (Broward)
  (561) 799-8690 (Jupiter)
  (772) 873-3305 (Treasure Coast)
  www.fau.edu/dean

Assists students in meeting their educational goals by offering assistance with academic matters and leadership and student development opportunities. Provides individual advising and ensures that student accountability and personal responsibility are upheld through the Student Code of Conduct.

• VICTIM ADVOCATE
  (561) 297-0500
  www.fau.edu/police/victimservices

The Victim Advocate is available to assist all FAU students, employees and campus visitors, female and male, who have been victims of crime. The advocate provides a number of services including emotional support and assistance, accompaniment, explanation of the judicial system process, referral to emergency service agencies and crisis counseling.
LOCAL

• 211
  www.211palmbeach.org
  24 Hour Hotline: 211 or (561) 383-1111
211 is a center for crisis and information services offering phone and web support to individuals seeking community resources, referrals, crisis counseling and/or suicide intervention. Support is offered 24 hours a day, 365 days a year.

• ALCOHOLICS ANONYMOUS
  Martin County
  www.martincountyaa.org
  (772) 283-9337
  North Palm Beach County
  www.aa-palmbeachcounty.org
  (561) 655-5700
  South Palm Beach County
  www.aainpalmbeach.org
  (561) 276-4851
  Broward County
  www.aabroward.org
  (954) 462-0265 or (954) 462-7202
Alcoholics Anonymous is a fellowship of men and women whose primary purpose is to stay sober and help other alcoholics achieve sobriety. The only requirement for membership is a desire to stop drinking. The website provides a listing of meetings.

NATIONAL

• FACTS ON TAP
  www.factsontap.org
A comprehensive alcohol and other drug education, prevention and intervention program for college students, parents and health professionals.

• COLLEGE DRINKING – CHANGING THE CULTURE
  www.collegedrinkingprevention.gov
Provides comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students.

• ALCOHOLICS ANONYMOUS
  www.alcoholics-anonymous.org
Presents information about A.A., services for members, and how to find A.A. meetings.

• NATIONAL INSTITUTE ON DRUG ABUSE
  www.drugabuse.gov
Provides drug information, facts and research to young adults, parents, teachers, and health professionals.
• THE PARTNERSHIP FOR A DRUG-FREE AMERICA – PARTNERING WITH FAMILIES
  www.drugfree.org/Parent
Designed to assist parents in preventing, recognizing and dealing with substance abuse problems.

• B.R.A.D. 21 (Be Responsible About Drinking, Inc)
  www.brad21.org
Website founded by the family and friends of Bradley McCue, a university student who died of alcohol poisoning. Provides educational information pertaining to alcohol.

• GO ASK ALICE
  www.goaskalice.columbia.edu
Health-question-and-answer, Internet resource produced by Columbia University’s health promotion program. The site provides readers with reliable, accurate, accessible, culturally competent information so they can make responsible decisions concerning their health and well-being.

• 211
  www.211.org
211, where available, is a center for crisis and information services offering phone support to individuals seeking community resources, referrals, crisis counseling and/or suicide intervention.

Cited Sources

Information for this guide retrieved from the following sources:

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A Guide for Parents of First-Year College Students
www.higheredcenter.org/parents/va-abc.pdf

College Drinking – Changing the Culture
www.collegedrinkingprevention.gov/OtherAlcoholInformation/factsAboutAlcoholPoisoning.aspx

College Parents of America
www.collegeparents.org/cpa/resource-current-health-8_points.html

Facts on Tap
www.factsontap.org/

Just the Facts – What is Marijuana?
www.fadaa.org/services/resource_center/resources/TF/marijuana.asp

Talking With Your College Student About Alcohol

University of California, Santa Barbara Parent Handbook – Alcohol and Other Drugs

University of Massachusetts Dartmouth - Drug Free Schools and Campuses Regulations
www.umassd.edu/hr/drugfreeschoolsandcommunitiesact.doc