



What's the Truth about College Drinking?

At Loyola, most students use alcohol in moderation or not at all. However, many students drink in ways that put them, and others, at risk for alcohol-related harm that can quickly throw what matters — health, safety, academic achievement and personal development — out of balance. The consequences of high-risk drinking are real and they affect more than just the drinker. They include: death, injury, fights, sexual assault, property damage, vandalism, legal trouble, unplanned and unprotected sex, poor academic performance, and interrupted studies.

ADDITIONAL RESOURCES

AlcoholEdu for College®
Parent access instructions are posted at LUC.edu/cc

College Drinking: Changing the Culture
collegedrinkingprevention.gov

Phoenix House
factsontap.org

Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention
higheredcenter.org/parents/

University Alcohol Policy (in Student Handbook)
LUC.edu/judicial/index.shtml

FOR MORE INFORMATION

Choice. Control. Character.
Making decisions about drinking.

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Preparing people to lead extraordinary lives



The College Drinking Culture

Parents and Loyola Working Together to Reduce Harm



Preparing people to lead extraordinary lives

Choice. Control. Character.

At Loyola, we work with our students to promote health, safety, and care for others. “Choice. Control. Character. Making decisions about drinking” (CCC) is Loyola’s initiative to prevent harm related to alcohol. It includes prevention education, interventions, and environmental strategies that support students in making informed, safe and responsible decisions about alcohol.

What Parents Can Do

Talk with your son or daughter about alcohol. Parents are essential partners in addressing this issue, and communication is key to your involvement. Now is the time to discuss risks, safety, family values, and your expectations because students face the first of many decisions about drinking the very first week of classes.

Help your student make safe and responsible choices. Now’s the time to talk.

- **Start a conversation about alcohol** by sharing your own experiences with alcohol as a young adult. Why did you choose to drink, or not to drink? Avoid glamorizing your own drinking; it may appear to give approval of high-risk drinking.

Talk about the Law

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For people under the age of 21, drinking alcohol is against Illinois state law and University policy. It is illegal to possess, create, or sell a ‘fake’ ID.

the norm, which means drinking more. Share these facts to correct misperceptions: At Loyola, 8 in 10 students drink once a week or less; over half of students have four or fewer drinks on a night out; 1 in 4 students choose not to drink. *

- **Set clear expectations that academics and personal development are priorities.** Knowing that their parents expect solid academic work can deter students from heavy drinking. Remind your student that, on average, GPA goes down as drinking goes up.

- **Listen.** Ask and talk about the concerns your student has about drinking in college. They may be different than your concerns. Keep the conversation going after school starts. Ask about roommates, activities, social life, and friends.

- **Share the facts.** Students overestimate how much and how often their peers drink. Young adults want to fit in and are highly influenced by their peers. They tend to drink in ways they think are

- **Reflect on values.** Ask what “choice,” “control,” and “character” mean to your student. What are his/her values and how do they relate to decisions about drinking?
- **State your expectations about drinking.** Make it clear that you do not condone underage or excessive drinking. Focus on the importance of personal and community safety, and that, as a young adult, your student is responsible for his or her decisions.
- **Encourage involvement** in clubs and service activities. They create opportunities to meet people who have similar interests that don’t involve drinking.
- **Discuss ways to handle situations that involve alcohol.** Having a plan is key. Ask: how could you turn down or delay a drink? If you choose to drink, how could you do so in moderation? What could you do if your roommate wants to ‘pre-game’ in your room? How could you help another student who is ‘passed out’ from drinking?
- **If there is a family history of alcohol or other drug problems,** share this information with your student. Personal risk factors should be taken into consideration when making decisions about drinking.
- **Learn about campus resources** (e.g., BASICS, e-CHUG, counseling and referrals) and encourage your student to use them if you are concerned about his or her use of alcohol or other drugs.

* Results from 1,346 LUC undergraduate student responses to the 2008 Core Alcohol and Other Drug Survey

**AlcoholEdu
for College®**

First-year students are required to participate in this online prevention course.

LUC.edu/cc