

## Informational Resources



### Campus (May vary by institution)

Residence Hall Staff  
Substance Abuse Professionals  
Counseling Services  
Health Services  
Students Services/Student Life  
Dean of Student's Office



### New York

New York State Office of Alcoholism  
and Substance Abuse Services (OASAS)  
[www.oasas.state.ny.us](http://www.oasas.state.ny.us)

New York State College Prevention Project:  
Regional College Consortia  
[www.nyscpp.org](http://www.nyscpp.org)

New York State Liquor Authority  
[www.abc.state.ny.us](http://www.abc.state.ny.us)



### National

Higher Education Center for Alcohol and  
other Drug Abuse and Violence Prevention  
[www.higheredcenter.org](http://www.higheredcenter.org)

National Institute on Alcohol Abuse  
and Alcoholism (NIAAA)  
College Drinking Task Force  
[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

The Partnership for Drug-Free America  
[www.drugfree.org](http://www.drugfree.org)



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Governor Andrew M. Cuomo  
Commissioner Arlene González-Sánchez, M.S., L.M.S.W.

# A Guide for Parents of College Students to Prevent Underage Drinking



**UNDERAGE**  **NOT A MINOR**  
**DRINKING** **PROBLEM**

COLLEGE EDITION



## Alcohol Poisoning

You can overdose on alcohol. A person with blood alcohol level of .08 is considered legally intoxicated, and any more in the system can lead to alcohol poisoning and even death.



## Brain Development

Research shows that drinking alcohol before age 21 can interfere with brain development, causing potential learning impediments well into the early 20s.



## Violence and Crime

Ninety five percent of violent crimes on college campuses are alcohol-related.



## Sexual Assault and Rape

More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape. The majority of college rapes (90 percent) involve alcohol use by either the victim or the assailant.



## Academic Consequences

Alcohol use among students is associated with poor grades, absenteeism and higher rates of school dropout.



## 21- It's the LAW

In New York state if you are under the age of 21, it is a violation of the law to possess alcohol with the intent to consume. Youth under 21 who drink and drive can lose their licenses for up to one year for small amounts of alcohol and face jail time for larger amounts of alcohol found in their systems.



## Even if your child doesn't drink...

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Alcohol use not only negatively affects the drinker, but also those close to them, including roommates, friends, loved ones and community members. Your child may experience the following:

- interrupted sleep or study time
- time spent caring for the person who has been drinking
- unwelcome comments or sexual advances
- being the victim of property damage
- being involved in or exposed to a serious argument or crime

## As a parent of a college age student what can you do?

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### Stay involved and stay in touch

Call frequently and visit when possible. Inquire about classes, friends and extracurricular activities.

### Set clear and consistent expectations

Let them know what your expectations are regarding academic performance and extracurricular activities.

### Provide clear NO-USE principles regarding alcohol

Make it clear to your son or daughter that you do not want them to use alcohol.

### Communicate

Talk with your college student about the risks and consequences associated with underage drinking.

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## When you visit a campus, what should you look for?

- Does the campus/school have a clearly defined alcohol and other drug use policy?
- Are there clear consequences for violations of the alcohol and other drug use policy?
- Is substance-free housing available?
- Look at the bulletin boards and campus newspapers. Are there no-use messages or is alcohol promoted with bar advertisements and fraternity and sorority party notices?
- Are alcohol-free activities advertised around campus?
- Do the campus-supported activities have a proactive health and wellness focus?
- Is there a faculty or adult presence in residence halls?
- Are there intervention or treatment services available for students who have alcohol or drug-related problems?
- Look at the neighborhood surrounding the campus. Are bars and liquor stores in abundance and do they target students?
- Is campus security adequate and readily available?

