



## **PARTNERING WITH PARENTS AND FAMILIES TO REDUCE HIGH-RISK DRINKING**

### **THIS IS WHAT WE KNOW ABOUT OUR DRINKING CULTURE**

What most concerns us:

- Too many DePauw students' social lives revolve around drinking.
- More than half of last year's incoming students reported that they drank before coming to DePauw.
- During the past several years, DePauw's binge drinking rate has been at or higher than the national average. Binge drinking is defined as consuming four or more drinks in one sitting for women and five or more drinks in one sitting for men.
- "Pre-partying," or quickly consuming alcohol for the sake of getting drunk, is more common than we would like and can lead to dangerous consequences.
- In recent years, most students who were hospitalized for alcohol poisoning had been consuming hard alcohol versus beer or wine.

What encourages us:

- One in six DePauw students do not consume alcohol.
- Incidents of students driving under the influence of alcohol is well below the national average.
- The majority of DePauw students who drink are responsible, safe drinkers who socialize with peers who do not drink to get drunk.
- Most DePauw students agree that alcohol should not interfere with academics, athletics or other responsibilities.

### **THIS IS THE CULTURE WE AIM TO CREATE**

We must change the reality that alcohol consumption is a significant part of our student social culture.

We are committed to building a community that values, teaches and models healthy and responsible life choices and to creating a healthy, safe and comfortable environment for all students - whether they choose to drink or not.

We desire to produce responsible graduates who develop responsible habits and a healthy lifestyle.

We aim to develop a campus culture that challenges dangerous behavior, and as such, our greatest efforts are directed toward curbing high-risk alcohol use.

## **THIS IS WHAT WE DO**

We have partnered with 32 prestigious institutions across the country in the National College Health Improvement Project Learning Collaborative on High-Risk Drinking. Using a public health approach, DePauw and our peer institutions learn from each other's research and best practices and together will develop more meaningful initiatives for addressing drinking on our campus.

We believe it is very important for our students to understand the risks involved with any level of alcohol use. To this end, we spend significant time with our first-year students making sure they learn how to make safe and healthy choices related to alcohol and understand the consequences involved in any level of alcohol use. We train our upper-class students to intervene with others who are drinking in a harmful manner.

Prior to coming to DePauw, all first-year students are required to complete MyStudentBody.com, an online course that provides personalized health information and coping strategies for both drinkers and non-drinkers.

During orientation, first-year students attend DePauw Gets Graphic, an interactive alcohol education program that touches on a variety of alcohol-related issues and emphasizes safe and responsible drinking and how to intervene when a friend is not doing so.

At the start of the first week of classes, public safety officers and student life staff members meet with each first-year residence hall floor to ensure that students understand the expectations we have for them in our community.

We support both non-drinkers and drinkers by providing diverse, late-night, alcohol-free programming every weekend in our DePauw After Dark series. We also create supportive living environments for those who choose not to engage in drinking by offering substance-free housing.

## **THIS IS WHAT YOU CAN DO**

You play a critical role in the success of your son or daughter during his or her college years, particularly related to choices regarding alcohol. While you will not be able to monitor your student away from home in person, remember that you continue to be a primary influence in your son's or daughter's life.

Talk to your son or daughter about your expectations related to his or her alcohol use. How will his or her alcohol use impact studies? Sleeping habits? Overall health? Athletic performance?

Ask your student about his or her experiences related to alcohol. Remind him or her that abstaining from alcohol use is a perfectly acceptable and safe decision. Discuss the risks and harms associated with any level of alcohol use, such as injury, health consequences, sexual assault or other violence, or arrest.

Engage your son or daughter in conversations about the campus culture related to alcohol use. Ask your student about both his or her own alcohol use as well as his or her friends' alcohol use.

Talk with your son or daughter about intervening when a friend has had too much to drink or a friend's drinking impacts him or her. All students can play a vital role in creating a healthy and safe campus culture.

Ask your student about the opportunities he or she has to socialize without using alcohol. Find out which DePauw After Dark events your student has attended, and encourage him or her to take advantage of these social opportunities.