



What Should Parent's Know  
About Alcohol, Drugs &  
Gambling  
on  
Campus

EASTERN OKLAHOMA  
STATE COLLEGE

DEAN OF STUDENTS OFFICE

# What should parents know about Alcohol and Drugs on campus?

- College is a turning point in the relationship between parents and their children. It is a time to let go of traditional and comfortable roles and look forward to the future. This publication borrowed from a similar publication utilized in major universities in the country will provide a brief overview on how the impact of alcohol and drug use may have on the lives of students on a college campus. More importantly, it emphasizes the continued significance of your role as parents in the life of your college student.
- Often parents find it difficult to talk about alcohol and other drugs. Discussing subjects as personal as substance use may bring up sensitive family issues. The truth is, virtually every family is affected, directly or indirectly, by substance use.
- It is our hope that this publication will help you to talk with your son or daughter about his or her choices and responsibilities regarding alcohol and drug use. If you find you have additional questions please don't hesitate to contact our office.

» Best wishes for a new school year!

Dr. Sally E. Davis  
Dean of Students  
Eastern Oklahoma State College

*Substance use turns to abuse when the use of alcohol and or other drugs is detrimental to the health of the individual as well as the health of others. Since Eastern is a community, the behavior of each student affects the health, safety and behavior of the other students.*



## What does FERPA mean?

- The Family Educational Rights and Privacy Act (FERPA) means that we are NOT able to release ANY personally identifiable information to a third party (that includes you the parent) without written consent from your student. The law does however allow colleges to notify parents or guardians about illegal alcohol and drug use. For more information regarding FERPA, , consult the Student Handbook or speak to our FERPA specialist Donna Rice the college Registrar.
- We at Eastern Oklahoma State College wish to provide for your student the most safe and educational environment possible to encourage students toward self-sufficiency and educational success. Your help with your student will be the catalyst that gets us there. We hope that this handout will be educational and promote appropriate conversation in your family about Alcohol and Drugs.





# Annual High Risk College Drinking Consequences

Data published by the National Institute on Alcoholism and Alcohol Abuse (NIAAA) illustrates the extent and impact of alcohol abuse on college campuses.

**DEATH:** 1,700 college students between the ages of 18 to 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

**INJURY:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol.

**ASSAULT:** More than 696,000 students between 18 and 24 assaulted by another student who has been drinking.

**SEXUAL ASSAULT:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related assault or date rape.

**UNSAFE SEX:** 400,000 students between 18 and 24 have unprotected sex, and more than 100,000 students of this age group have reported having been too intoxicated to know if they gave consent to have sex.

**ACADEMIC PROBLEMS:** About 25 percent of college students report academic consequences of their drinking, including missing class, falling behind, doing poorly on exams or assignments and receiving lower grades overall.

**HEALTH PROBLEMS/SUICIDE ATTEMPTS:** More than 150,000 students develop an alcohol-related health problems, and between 1.2 and 1.5 percent indicate that they tried to commit suicide within the past year due to drinking or drug use, (NIAAA, 2005)

**IT IS IMPORTANT TO REMEMBER THAT THESE CONSEQUENCES MAY AFFECT YOUR SON AND DAUGHTER WHETHER OR NOT THEY DRINK.**

ALCOHOL USE AND ACADEMIC PERFORMANCE:

“There is an inverse relationship between alcohol consumption and grades. Increased alcohol use, especially the number of drinks per week, is related to decreased class attendance, poor test performance and lower grades” (CORE Institute).

This table describes the relationship between the average number of drinks consumed a week by college students and academic performance (GRADES):

|   |                    |
|---|--------------------|
| A | 3.6 drinks a week  |
| B | 5.5 drinks a week  |
| C | 7.6 drinks a week  |
| D | 10.6 drinks a week |

Source: National CORE Survey



# Talk With Your Student About Alcohol and Drug Use

Communication with your son or daughter about Alcohol and Drugs is an important, ongoing conversation. Ultimately it is up to them to make responsible choices, but studies show that parents continue to influence college students. Your opinions and guidance DO make a difference. Here are some tips to help...

## **Prepare the conversation**

Plan for the conversation and exchange of information face to face rather than over the phone. Have these discussions when your student comes home for the weekend. Look for and create “reachable moments” around the television, news, books, newspapers, etc. that deal with substance abuse in college settings. Talk to other parents and get their ideas.

## **Listen**

Ask your student to talk about alcohol and other drugs. Communicate calmly and clearly. Find out what their concerns are and what fears they have.

## **Make your expectations clear**

College is a huge investment of time and money. Set clear expectations for your son or daughter to focus on academic work and personal development. Underage alcohol consumption, use of illicit drugs and alcohol impaired driving are illegal. Make it clear you do NOT condone breaking the law.

## **Offer Information**

Alcohol is a toxic depressant and far too many students die from alcohol poisoning and related accidents each year. Discourage high-risk drinking behaviors such as drinking games and or slamming “shots.”

## **Help your student take a stand**

Every student has a right to a safe academic and living environment. Discuss ways to handle situations ranging from interrupted study time to assault or unwanted sexual advances. Help your student identify when to confront a situation directly and when to notify residence hall staff or campus security.

## **Get and share facts**

Students greatly overestimate the use of alcohol and other drugs by their peers. Young adults are highly influenced by their peers and tend to drink amounts they perceive as the norm. You play a vital role in providing accurate information.

## **Be a good role model**

Be consistent in your words and deeds. Assess and review your own feelings about alcohol and other drug use. Consider how your attitudes and actions may influence your student’s choices.



## Parents Need to Stay Involved

- Pay attention to your student's experiences and activities during the crucial first 6 weeks on campus. With a great deal of free time, many students initiate heavy drinking during these early days of college, and the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life. You should know that about one-third of all first-year students fail to enroll in their second year.
- Be aware of the signs of alcohol abuse by your student (e.g., lower grades, never available or reluctant to talk with you, unwilling to talk about activities with friends, trouble with campus authorities, serious mood changes).
- Inquire about and make certain you understand the college's "parental notification" policy and how the current FERPA consent forms become necessary.
- Call your student frequently during the first six weeks of college. Inquire about their roommates, the roommates behavior and how disagreements are settled or disruptive behavior is dealt with.
- Make sure your student understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses.
- Make certain they understand how alcohol use can lead to date rape, violence, academic failure and other negative consequences.
- Pay your son or daughter an unexpected visit. Ask to meet their friends. Attend campus events open to parents.
- Continue to stay actively involved in the life of your student. Even though they may be away at college, they continue to be an extension of your family and its values.

# What are Some Student Substance Use Risk Factors?

- Family history of alcohol and drug dependency
- An initial high tolerance; minimal affects are felt at the onset of alcohol use
- An acquired high tolerance; due to repeated exposure, more alcohol is needed to achieve the same affect
- High risk drinking behaviors: drinking to get drunk, any drinking that causes a build up of tolerance to increase, drinking games and contests, doing shots
- Heavy episodic drinking
- Use of drugs that are illegal or not prescribed to student

## What is Considered High Risk and Low Risk Behavior on the Part of My Student?

### Low-Risk drinking is:

Thinking about whether you will drink before the party

Being 21 or older

Eating a meal before drinking

Abstaining is the lowest risk choice

Drinking no more than one drink per hour; no more than three drinks per day

Always know what you are drinking

Alternating alcohol-free drinks throughout the evening

Knowing how you will go home safely before you go out



### High-Risk drinking is:

Chugging, drinking games, shots, drinking anything out of a punch bowl, trough, hose or funnel

Drinking to get drunk

Driving after drinking

Drinking too much or too fast on an empty stomach

Going to parties where people drink too much

Not knowing what is in your glass or leaving it unattended

Mixing alcohol with other drugs or illegal drugs





## How Can My Student Minimize the Risks Associated with Alcohol and Drugs?

Substance use presents obvious immediate health risks such as alcohol poisoning and death from overdose. Substance use also presents immediate health risks that are not so obvious.

A decrease in the ability to make safe and healthy decisions

The increase in violence associated with alcohol and other drugs

The increased likelihood of rape

## What Does the EOSC Student Code of Conduct Say About Alcohol and Drugs?

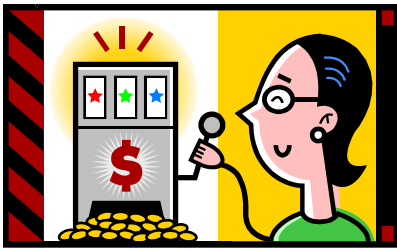
EOSC strictly enforces that which may be considered a violation of state law and prohibits the possession and consumption of alcohol by any student on the college campus despite their age. EOSC also prohibits the use, sale and possession or manufacturing of any controlled substance. A complete copy of the this Code of Conduct can be found in the Student Handbook.

## Will You Notify Me if My Student Gets “Into Trouble”?

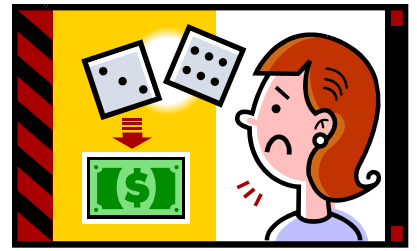
EOSC sees our parents as “partners” in this fight against the increasing use and abuse of alcohol and other drugs. Except in unusual circumstances, parents are informed by the Dean of Students of issues involving their students as follows:

If a student is found responsible for a violation of the Code of Conduct resulting in disciplinary probation or greater the Dean of Students may inform the parents in writing of the violation and the sanctions

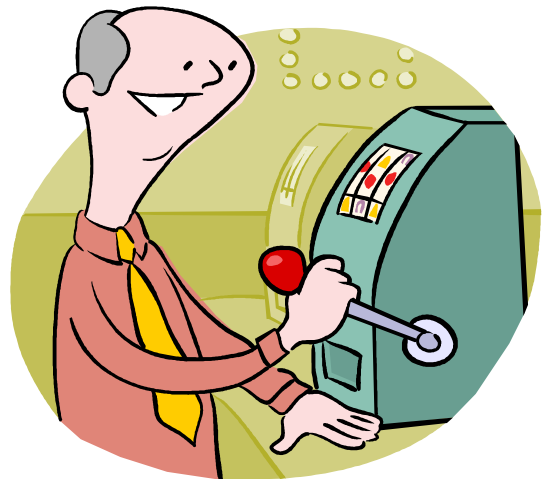
In emergency situations, such as a student hospitalization for a serious health matter, the Dean of Students will call the parents  
*(Please make sure your student maintains current contact information on file with the Registrar’s office so that we can contact you if necessary)*



# Gambling



- Who is at risk?
  - Most college students between the ages of 18-25
  - Males more than females
  - Athletes more than any other student
- Why are they at risk?
  - Impulsivity
  - Ineffective coping strategies
  - Subject to depression
  - Male
  - Family hx of gambling
  - Gambling fallacy
- What can you do?
  - Talk
  - Discourage
  - Educate
- What will we do?
  - No policy as yet
  - Educate
  - Discourage





# What if My Student Violates the EOSC Code of Conduct by Using or Possessing Alcohol and/or Other Drugs?

- When the standards of conduct regarding alcohol and /or drugs are violated EOSC will impose, at a minimum the following sanctions:

## Alcohol Violation (minimum sanctions)

(Additional sanctions may be assigned by the appropriate judicial body as deemed necessary)

### First Offense:

\$100.00 Fine;

Completion of a mandatory 1-hour Drug and Alcohol Abuse Prevention Education Program;

Disciplinary Judgment in their student file (Strike 1)

Disciplinary Hold on all transcripts and grades until fines are paid;

Notification sent home to parents;

### Second Offense:

\$200 fine;

Completion of a mandatory 1-hour Drug and Alcohol Abuse Prevention Education Program;

Disciplinary Judgment in their student file (Strike 2)

Disciplinary Hold on all transcripts and grades until fines are paid;

Possible referral for Alcohol and Drug assessment at expense of student;

Required Parent Phone Conference with the Dean of Students;



### Third Offense:

\$300 Fine;

Completion of a one-hour Drug and Alcohol Abuse Prevention Program;

Disciplinary Judgment in their student file (Strike Three);

Required Parent Conference on campus with the Dean of Students for consideration of further psychiatric intervention;

Disciplinary Hold on all transcripts and grades until fines are paid;

Suspension from Dorm Living arrangement;

### Fourth Offense:

Immediate notification to the parent;

Termination of the housing contract with further consideration of possible Expulsion;

*Special Note: Sanctions increase with each repeated behavior. Is the important to note that a student who repeatedly violates the student code of conduct will eventually be suspended or expelled from campus.*

### Drug Violations:

Eastern strictly enforces the state laws which prohibits the use and abuse of illegal substances to include Marijuana.

Students found in possession of substances or the items for use with those substances (pipes, bong, drug paraphernalia) may be subject to immediate termination of their housing contract and possible expulsion from this college. Random drug testing with signed consent by the student may occur at this college to determine a students use of an illegal substance.



**SPECIAL NOTE:** EOSC strictly enforces the state law which prohibits the possession and consumption of alcohol by those students under the age of 21 and the misuse of alcohol on campus by anyone 21 years old or higher. We also require compliance with all local, state and federal laws regarding controlled substances to include, but not limited to, their use, sale, possession or manufacture. According to the Student Handbook “Students will, at all times and in all activities, respect the rights of others, maintain responsible behavior conducive to the teaching and learning environment, and uphold the integrity of the college both on and off campus.”

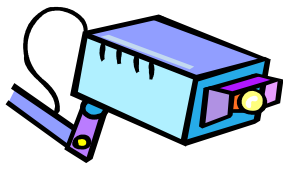
## Additional Legal Ramifications

In addition to violating the Student Code of Conduct, a student’s behavior may also be a violation of the law. In these cases, action by law enforcement authorities may also occur. Thus, students may be adjudicated through the office of the Dean of Students as well as through the court system. Random searches are conducted through dorm rooms on a regular basis by dorm personnel and Eastern utilizes the services of a “drug dog” for random searches as a deterrent to possession of substances (illegal and otherwise) on this campus.

**Alcohol:** Minors convicted in the criminal court system of possession or consumption of alcoholic beverages may be subject to fines, suspension of driver’s license, community service hours and a mandatory alcohol education class. Convictions for providing alcohol to minors may subject individuals to fines and a jail term of up to one year. Convictions for driving while intoxicated may subject individuals to fines totaling as much as \$2,000 and a jail term of up to six months for a first offense. Fines and jail terms escalate after a first conviction.

**Controlled Substances (Drugs):** Sanctions upon conviction in the criminal court system for possession, distribution, or manufacture of controlled substances range from fines to probation to imprisonment. Amount of fines, terms of probation, or years of imprisonment generally are contingent upon the circumstances and amounts of drugs in possession, sale, distribution, or manufacture.

**Fictitious License or Certificate (fake ID):** A person under the age of 21 years commits an offense if the person possesses, with the intent to represent that the person is 21 years of age or older, a document that is deceptively similar to a driver’s license or a personal identification card unless the document displays the statement “NOT A GOVERNMENT DOCUMENT” diagonally printed clearly and indelibly on both the front and back of the document in solid red capital letters at least one-fourth inch in height. This type of offense is a Class C misdemeanor.



# Other Behaviors

- What if my student engages in other behavior that violates the Eastern Code of Conduct?
- Definition of “Other Behaviors” might include but are not limited to: fighting, visitation violations, stealing, burglary, vandalism, leaving excrement or other “items” behind, glorifying alcohol and drug use by hanging items in windows, embarrassing conduct in local establishments that is unbecoming a student of this institution, tampering with or disabling camera’s in the dorms or other campus locations, being in possession of or carrying a weapon on this campus such as a shotgun, handgun, hunting rifle, bow, machete or other weapon, bringing a pet into the dorm to live with the student (this includes fish and reptiles), spitting on floor or front porch, not attending regularly scheduled mandatory dorm meetings, etc.

Other items may be added in the future.

Minimum Sanctions:

First Offense:

\$100.00 fine

Disciplinary Judgment (Strike 1) in the Dean’s office

Disciplinary Hold on your transcripts and your grades

Any additional assignment given by the Dean within appropriate boundaries



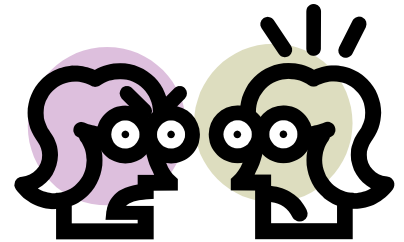
Second Offense:

\$150 fine

Disciplinary Judgment (Strike 2) in the Dean’s office

Disciplinary Hold on transcripts and grades

Any additional assignment given by the Dean within appropriate boundaries



Third Offense:

\$200 fine

Disciplinary Judgment (Strike 3) in the Dean’s office

Disciplinary Hold on your transcripts and your grades

Any additional assignment given by the Dean within appropriate boundaries

Fourth Offense:

\$250 and suspension from Eastern with consideration of possible termination of the housing contract.

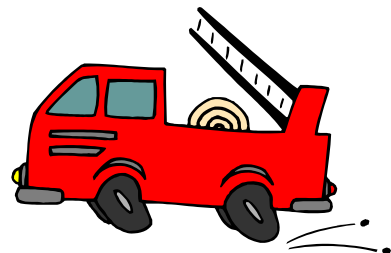
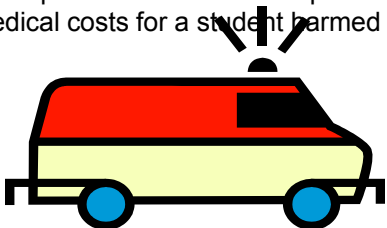
Expulsion from school if warranted.

Suspension may occur at any time if a student participates in any behavior that brings about the harm of another student, destroys college property, or causes medical or emergency personnel to be involved. The student may be forced to bear the brunt of costs associated with the use of local emergency personnel for such things as:

Transportation of another student for medical assistance caused by the perpetrator,

Setting off fire alarms or other emergency notifications which have to be reset or force emergency personnel to make a trip to this campus

Medical costs for a student harmed by an offending student



**QUESTIONS?**