

PARENT *alk*

High Risk Drinking

High risk drinking involves behaviors that lead to high levels of intoxication and can cause harm to self or others. These include underage drinking, drinking games, drinking to get drunk, taking shots and mixing alcohol with medications or drugs. At Eastern, we work hard to educate students about alcohol issues and look forward to your partnership with the university in ensuring the health and safety of your son or daughter. We encourage you to talk to them early and often about drinking.

Access to Alcohol

Although the legal drinking age is 21, access to alcohol is a reality of life at colleges and universities nationwide. The good news is that surveys show most Eastern students drink moderately to not at all. But every year, students are involved in high-risk drinking incidents. First year students are particularly at risk, as they may be unprepared for the freedoms of college.

Research shows that by having a frank, face-to-face conversation with your student, you can have a positive effect on your son or daughter's approach to alcohol once they arrive on campus.

Here are some things we would like you to know about our policies and programs:

1. Students are expected to follow university policies and Washington laws. Eastern's policy can be found at http://cfweb.ewu.edu/policy/PolicyFiles/EWU_602_01.pdf
2. Before they arrive on campus, students will be required to take an online alcohol education course that stresses individual and collective responsibility.
3. Health, Wellness and Prevention Services provides peer education and awareness activities about high risk drinking. Alcohol assessments are also available to students that are concerned about their use.

INSIDE...

- Conversation starters
- Standard serving size
- Low risk drinking strategies

33% of Eastern students have never used alcohol or are not current alcohol users

98% of Eastern students practice low risk drinking strategies most of the time or always when using alcohol

77% of Eastern students had an estimated BAC of less than .08 last time they drank



Starting the Conversation

We encourage you to discuss with your student your family beliefs and values regarding alcohol. It is also important to share some of the negative impacts that drinking can have on their academic success. Here are some points to begin the conversation:

1. Drinking hard liquor in the form of shots is dangerous and can lead to alcohol poisoning and death. We know your son or daughter is smart, and we believe he or she will respond to the startling facts about consuming large amounts of hard liquor over a short period.
2. Excessive drinking can—and does—result in arrest. Eastern students are not immune from prosecution and are commonly cited for a) being a minor in possession of alcohol, b) being intoxicated in public (this involves being arrested and transported to jail) and c) possession of false identification.
3. Incidents involving regretted sexual encounters, sexual misconduct, sexual assault and violations of campus community standards often involve excessive alcohol use.
4. What will you do if you find yourself at a party with only alcoholic beverages to drink?
5. What will you do if your roommate only wants to drink and party?
6. What will you do if you find a student passed out in the bathroom?
7. How will you handle a situation in which you are asked to baby-sit someone who is very drunk?

We believe firmly that if you talk with your student about drinking before they come to Eastern, you can help us in creating a campus culture of personal responsibility and good decision-making.

Low Risk Drinking Strategies

There are some strategies you can share with you student to minimize their risks of negative impacts from drinking. These include:

- Choose not to drink
- Know what makes a standard drink
- Think about how much you will drink, before the party
- Alternate alcohol-free beverages
- Avoid drinking games such as beer pong, power hour, or flip cup
- Limit yourself to one or fewer drinks per hour
- Eat before and during drinking
- Have a friend let you know when you have had enough
- Keep track of how many drinks you have consumed
- Stick with only one kind of alcohol when drinking
- Never mix alcohol with medications or caffeine
- Use a designated driver

What is a Standard Drink?



All drinks are not created equal. Many people are surprised to learn what counts as a drink. A standard drink is about 14 grams of pure alcohol. Women should consume no more than four and men no more than five standard drinks on any occasion. "Standard" drink amounts are helpful, but may not reflect customary serving sizes. For example, a single mixed drink made with hard liquor can contain 1 to 3 or more standard drinks, depending on the type of alcohol and the recipe.

