

Know Campus Resources

The impact of high risk drinking and other drug use on a student's collegiate experience are of utmost concern to New Hampshire Colleges and Universities. Know the resources available on your student's campus. Potential resources include:



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Manchester, NH 03106-1045
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TOP 10 ALCOHOL AND OTHER DRUG USE DISCUSSION TOPICS

1. Alcohol is a drug
2. College or university policies
3. Your expectations
4. That the more students drink, the lower their grades
5. That everyone doesn't drink
6. Your family attitudes and messages about alcohol and other drug use
7. Campus resources
8. What your student has been doing to occupy their time
9. Involvement in clubs/ organizations
10. Attendance at substance free activities

A Family Guide to Conversations About College: Alcohol and Other Drug Use



Provided by

New Hampshire Higher
Education Alcohol and
Other Drug Committee

www.nhhead.org

KNOW AND CONSIDER

This brochure provides basic information intended to help you prepare for the realities of alcohol and other drug use in the campus setting.

We highly encourage families to have conversations about these issues.



The New Hampshire Higher Education Alcohol and Other Drug Committee works to correct misperceptions about alcohol and drug use on college and university campuses.

Know:

New Hampshire Colleges and Universities are concerned about alcohol and other drug use. Campuses have comprehensive policies to address substance abuse issues and offer a full array of educational and social activities to encourage and support students in making positive choices.

Consider:

- Review the College/University Alcohol and Other Drug (AOD) Policies
- Understand there can be serious consequences to violating these policies
- Encourage attendance at substance free activities and involvement in campus organizations

Know:

In recent years national media has placed considerable attention on binge drinking on college campuses. It is important to realize that the population on a college campus is reflective of society. The campus community is comprised of non-users, low risk users and those who use alcohol and other drugs in high risk ways.

Consider:

Discuss frankly your expectations about:

- Class attendance
- Involvement in co-curricular activities
- Drinking and other drug choices

Ask how your student intends to deal with social situations that might arise:

- A roommate who is intoxicated
- Feeling pressure to drink or use other drugs
- Finding peers who don't use substances
- Finding substance free activities

Know:

It is important to explore your own attitudes, values and beliefs. We all learn what we are taught.

Consider:

- Listen to how alcohol and other drugs are referenced or discussed in your family
- Note the number of alcohol products in the home
- Has drinking and/or other drug use become ritualized in any way
- Talk with other family members and friends about how they view alcohol and other drugs
- Recognize the influence that role modeling has on your student's attitudes, beliefs and values

Know:

There is a clear inverse relationship between alcohol and other drug use and academic performance. Data collected from college and university students demonstrates that those with the highest grade point average also generally consume alcohol in low risk ways and avoid use of other drugs.

Consider:

- Listen to how your student is managing the college transition
- Talk to your student about their academic performance
- Explore what your student is doing in their spare time