

The Partnership

We hope to work collaboratively with you to help your student make the most of his or her college years. UNH provides a number of resources aimed at supporting you or your student in dealing with alcohol-related issues. If you have questions or concerns, please do not hesitate to contact or refer your student to any of the following resources:

Office of Health Education & Promotion Health Services

(responsible for alcohol & other drug education and support services, including individual counseling, and referrals to support group meetings)

603-862-3823

www.unh.edu/health-services/healthEd.htm

Counseling Center

(a team of professional psychologists)

603-862-2090

www.unhcc.unh.edu

UNH Police Department

603-862-1427

www.unh.edu/upd/

Office of Conduct and Mediation

603-862-3377

www.unh.edu/student-life/judprograms

Department of Residential Life

(professional staff living in the residence halls)

603-862-2268

www.unh.edu/residential-life

After Hours

(a website that list non-alcohol activities on and off-campus)

www.unhmub.com/afterhours

The Inside Scoop

(a website about student life at UNH; includes a comprehensive listing of campus activities)

www.unh.edu/insidescoop

Student Organization Services

at the MUB

www.unh.edu/sos

Durham Police

603-868-2324

For information on alcohol and other drugs related issues at UNH including data, policies, and resources visit:



www.unh.edu/reality-check

Sponsored by the
University of New Hampshire
Division of Student and Academic Services

*CIRP National Survey of Entering Students, Fall 2005.

**New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Survey, Spring, 2005.

The Facts About Alcohol And Other Drug Use

A FAMILY GUIDE



Exploring the
Realities

at the
University
of New Hampshire

www.unh.edu/reality-check

Truths That Can't Be Ignored

“College was a very exciting time for me. I was thrilled to be on my own, to be in a new place, and to meet new people. Initially, academics were secondary to socializing... I started out thinking college was one big party. Thankfully, after a while, I learned differently.”

Colin Baird, Former UNH Student

While our studies show the majority of UNH students do not engage in high-risk drinking, or other drug use, they also show that those who do, face significant negative consequences. It's difficult to predict who those students will be. The University of New Hampshire is strongly committed to student success, and it is our desire to work in partnership with you to initiate conversations with your student around alcohol and other drugs.

Alcohol is the drug of choice on most college campuses. The reality is that alcohol is a drug and we cannot discount the dangers of drinking. Sixty-four percent of entering UNH students report having occasionally or frequently drank beer while 62% consumed wine or liquor in the last year (prior to college)*. The issue of choices around alcohol is a critical one. If it is not addressed early, students who engage in high-risk drinking not only face consequences while in college, but may also experience negative long-term effects.

Most UNH students do not use other drugs. The students who do, however, assume a great amount of risk. UNH actively enforces the law and students who are found using, or in possession of drugs will be arrested. Not only does this put the student's academic career at risk, but also risks scholarship money and potentially even financial aid. Students may also find that they are evicted from University housing and may have a police record.

“Many parents are finding ways to talk with their student before they come to UNH about alcohol and other drugs, while some will just hold their breath and hope nothing bad happens. We hope that this brochure will encourage more parents to talk with their student on an ongoing basis.”

Neil B. Vroman, Ph.D.

Associate Dean

School of Health and Human Services

Reality at UNH

In an effort to gain an accurate understanding of drinking patterns and consequences of student alcohol use, the University of New Hampshire has sponsored several studies. Our research shows significantly less drinking in the UNH community than the student-reported perceptions would lead one to believe. The true facts are:

- The majority (78%) of UNH students party 1- 2 nights a week or not at all.**
- The majority of UNH students do not use other drugs at all. Most (78%) report never using marijuana and 90% - 99% report never using other drugs. **
- Most UNH students (78%) believe that alcohol should not interfere with academics or other responsibilities.**
- Most UNH students have never:
 - missed a class
 - performed poorly on test or assignment
 - had a memory loss
 - been in a fight
 - gotten sick
 - damaged property
 - had unprotected sex
 - or done anything they later regretted...as a result of drinking**
- Numerous reports show that students who do not engage in high-risk drinking are MORE likely to:
 - have higher grades
 - return to college for a second year
 - not be the victim of a crime, including sexual assault and dating violence
 - experience fewer accidents and health problems

“We approached the subject of alcohol with our child very honestly. We knew we needed to manage the challenges, opportunities, and excitement of being away from home and letting our child go, grow, and hopefully make sound, healthy choices. The dialogue we started over the summer has continued throughout the year, and it seems to be working. It has led us to being able to discuss all kinds of problems and issues.”

Parents of UNH Student

Conversation Topics

We understand that conversations about alcohol and other drugs may seem unwelcome, even awkward but it is strongly believed that these conversations can help your student reflect on their hopes and goals for their college career, and the role alcohol may play in their lives. The following are suggested topics to start a conversation with your student before they start college and through out their years at UNH.

- What do you think your social life will look like? What will you do to make friends? Where do you think alcohol and other drugs fit in?
- If you choose not to drink, what do you think that will be like for you? Did you know that 3,360 UNH students report not drinking at all during a typical week?
- What do you imagine there is to do besides drink? Did you know that there are 160 student organizations to get involved with, and many fun events scheduled every week.
- How might alcohol and other drugs affect your academics and other everyday responsibilities?
- In your mind, what's high-risk about drinking or drug use? What chances are you willing or unwilling to take? What are the possible consequences (Possible: lower GPAs, eviction, fines, arrests, accidents, regretted behaviors)?

Low-Risk Guidelines:

The FDA suggests that low-risk use is no more than 1 per day for women, 2 per day for men, and no more than 3 per day on any occasion.

Of course, 0 drinks is the best option for someone who is under 21, or has had problems with alcohol.

No other drug use, except as prescribed by health care practitioner.

- If you get to the point where you are seriously worried about your drinking or someone else's, where would you turn and what would you want me to do?