

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

(responsible for Alcohol Education and Support Services, including individual counseling, and referrals to Alcoholics Anonymous and Adult Children of Alcoholics group meetings)
603-862-3823
www.unh.edu/health-services/healthed.html

Counseling Center

(a team of professional psychologists)
603-862-2090
www.unhcc.unh.edu

UNH Police Department

603-862-1427

Office of Student Life and Judicial Programs

603-862-3377
www.unh.edu/student-life

Department of Residential Life

(professional staff living in the residence halls)
603-862-2268
www.unh.edu/residential-life

The Inside Scoop

(a website about student life at UNH; includes a comprehensive listing of campus activities)
www.unh.edu/student/firstyear

Sponsored by the
University of New Hampshire
Division of Student Affairs
Social Norms Team



www.unh.edu/reality-check

* CIRP National Survey of Entering Students, August 2001
**New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Survey, February, 2001.

The Facts About Alcohol 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, 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.

The reality is that alcohol is a drug and we cannot discount the dangers of drinking. Sixty-five percent of entering UNH students report having occasionally or frequently drunk beer while 69% consumed wine or liquor in the last year (prior to college), compared to the national average of 47% for beer and 54% for wine or liquor.* 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.

"Some parents will find a way to talk with their student in advance about alcohol, while some will just hold their breath and hope nothing bad happens. Hopefully, this brochure will encourage parents to talk with their student on an ongoing basis."

Dr. Cari Moorhead, Director of Advising & Undergraduate Programs, WSBE

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:

- 5/6 of UNH students drink 1/3 of the alcohol.**
- The majority (80%) of UNH students party 1- 2 nights a week or less.**
- Most UNH students (91%) 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**
- 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 may seem awkward or unwelcomed. It's our belief they help your student reflect on their hopes and goals for their college career, as well as on the role alcohol may play in their lives. The following topics are only suggestions and may need to be modified for your student. We encourage you to initiate these conversations before your student leaves for UNH and throughout his or her college years.

- When you think about going to college, what do you think your social life will be like? Where does alcohol fit in there?
- Most students at UNH drink 1-6 drinks a week or none at all...how does that fit in with what you are thinking?
- What would it take to make you think that alcohol was messing things up for you?
- ☆n your mind, what's high-risk drinking? What chances are you willing or unwilling to take?
- If you choose not to drink, what do you think that will be like for you?
- Let's reverse roles...put yourself in my shoes. What do you think I should be mentioning now?
- 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?