alcohol awareness

an information guide for coastal carolina university parents

costal.edu
Dear Parents,

Congratulations on becoming the proud parent of a Coastal Carolina University student. We are pleased to join with you in a relationship to help your child benefit from the very best experiences that college life has to offer. The information in this brochure is about college-age alcohol use and abuse, a problem that exists on campuses across the country. We are committed to sharing information with you and talking openly with our students about this issue. Alcohol abuse compromises the safety and the academic success of our students, and we want to use every possible opportunity to inform and prepare students so they can make good decisions for themselves when they arrive on campus.

We need your help. Please talk with your child about drinking. Your child cares what you think and trusts your advice. You can use the strong relationship you have developed over the years in ways that can keep your child safe, even when you’re at a distance. Thank you for your involvement. We look forward to a great year at Coastal Carolina University, and together, we can help our students do some advance thinking about important choices they will face in the coming year.

Sincerely,
David A. DeCenzo,
President
Coastal Carolina University
For many parents and young adults, bringing up the subject of alcohol is not easy. You may be unsure of when or how to begin, and your child may try to dodge the conversation. However, it is important for you to be aware of the risks and consequences associated with alcohol so that you can help your child be aware. Impaired judgment from drinking can lead to risky behavior causing academic, legal and personal problems. It is important to understand the risks associated with drinking. For years, scare tactics have been used to try to curb risky behavior, but this strategy doesn’t always work. It is much more effective to help students understand that not all students drink. They should be aware that at Coastal Carolina University, students are developing positive behaviors about drinking.
The University does not encourage the use of alcoholic beverages and prohibits illegal or otherwise irresponsible use of alcohol. Residents are accountable for their decisions regarding their use of alcohol as well as their behavior that occurs as a result of these decisions. South Carolina law prohibits the possession or consumption of alcohol beverages by those under the legal drinking age of 21 and prohibits making alcohol beverages available to persons under the legal drinking age.

The University enforces a “dry residence hall” policy on campus. Adjoining parking lots and grounds are considered to be a part of the residence hall. The full alcohol and drug policy can be found on-line at www.coastal.edu/policies
parents are the first line of defense against alcohol misuse and abuse. That’s why we have made AlcoholEdu® for Parents available to you.

AlcoholEdu for Parents is an online program designed to support your conversations about alcohol that will help shape the decisions your student must make in college surrounding alcohol use.

**The program includes:**

- A brief introduction and suggestions on the best way to start conversations about alcohol (15 min).
- An overview of the AlcoholEdu for College course structure and key concepts (5 min).
- Direct access to AlcoholEdu for College, in an easy-to-use format that allows you to navigate freely from chapter to chapter (approx. 3 hours).
- Helpful resources, such as tips on talking to your college student about alcohol, fact sheets on alcohol’s effect on the brain, how alcohol impairs learning and memory, and more.

Please note: Your participation is optional. If you choose to review the course, instructions are included in the insert in this brochure. If you have taken AlcoholEdu for High School, we still encourage you to participate in this program, as it does address this stage of your student’s life.

We are confident that AlcoholEdu for College will help ensure your student’s success at Coastal Carolina University and in the future. If you have any questions on the programming that we at Coastal Carolina University offer, please feel free to contact Counseling Services at 843-349-2305.
i won’t let alcohol defeat my kid!

i will:

• Maintain weekly contact by phone or email.
• Listen to what she/he says.
• Ask him/her what he/she is doing with free time. Suggest campus activities, volunteerism, athletics, cultural activities.
• Remind her/him of my expectations for alcohol and drug use, class attendance and school performance.
• Check out his/her Facebook page; ask her/him to make sure pictures and content are appropriate.
• Not give him/her more money than is needed for living expenses.
• Not pay fines or alcohol education class fees for him/her.
• Ask to see mid-term and end-of-the-semester grades.
• Encourage him/her to get help at Counseling Services (843-349-2305) if I get concerned.
Federal law recognizes parents’ rights to be notified if their son or daughter is involved in risky or illegal behavior such as underage drinking, public drunkenness, drug use, or criminal activity. The law permits, but does not require, schools to notify parents any time a student under age 21 violates drug or alcohol laws. For more information on notification for parents of students under the age of 21 and the Family Educational Rights & Privacy Act, please go to: http://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html
alcohol violations

All states and the District of Columbia have laws stating that 21 is the minimum age to purchase or drink alcohol. South Carolina law provides serious penalties for violating the minimum drinking age and other alcohol-related offenses. It is important to note that students who violate both on or off campus may be subject to South Carolina’s legal process, as well as the University’s student conduct process.

Young adults ages 18-20 who are caught buying, possessing or drinking alcohol can be arrested, required to attend alcohol education classes, get counseling, and face a possible loss of University housing.
In the next four years, your student will grow and change in large part based on personal interactions and the environment in which he or she is living. We recognize that the culture at Coastal Carolina University will have a big impact on your student’s growth.

We take every part of the Coastal Carolina University experience very seriously, and we have implemented a comprehensive prevention program to help our students – your children – make the safest, healthiest decisions possible.

One way we do that is through AlcoholEdu® for College, a two to three-hour, Web-based alcohol prevention program being used at more than 500 colleges and universities around the country. The program uses the latest prevention techniques and science-based research to educate students about the impact of alcohol on the mind and body. Whether or not your student drinks alcohol, AlcoholEdu for College will empower your student to make well-informed decisions about alcohol and help him or her better cope with the drinking behavior of peers.

Every incoming first-year student will be required to take AlcoholEdu for College and pass the course Exam. We will be communicating directly with your student regarding the information and instructions he/she needs to complete this course. To help ensure that your student meets this requirement, please remind your son or daughter that all students must complete Part 1 of the course by (insert date).

While we are committed to making a difference with our students, we also understand that
Nationally, there is a correlation between alcohol use and GPA.

Source: National data from the Core Institute Students Health Programs, Southern Illinois University Carbondale, 2001
This is an exciting time for your son or daughter. And in the end, the choices about drinking are his or hers to make; it will be your student’s responsibility. You have a large role in preparing your son or daughter to make responsible choices. Often, students make choices without thinking how those choices will affect them later. By sharing information in this brochure BEFORE your child arrives on campus, you can help him or her make responsible choices. While you may not be able to actively monitor your child away from home, you can be available to talk and listen. You’re shaping your son’s or daughter’s character, and you may be saving his or her life.

Setting a good example is important. Consider how your attitudes and actions may be shaping your son’s or daughter’s choices about whether or not to use alcohol or other drugs.

Alcohol is toxic. Far too many students die every year from alcohol poisoning. Discourage dangerous drinking and drinking games. Encourage your son or daughter to have the courage to intervene when someone else is drinking dangerously.
coastal carolina university’s intervention/treatment program

Counseling Services, located in the Student Health-Counseling Services Building at 204 University Blvd., is an integral part of the services offered to students. This program is designed to offer education, prevention, and intervention services in support of student achievement.

Personal assessments, classroom presentations, innovative and interactive computerized programs and informational materials are available as requested.

If you become concerned about your student’s use of alcohol or drugs, you can request that your student meet with a counselor at Counseling Services. While demanding that a student seek ongoing counseling against his or her wishes has generally been found to be ineffective, an initial assessment can be helpful to the student to determine the extent of the problem and help the student evaluate the consequences of continued alcohol abuse.

Referrals to community agencies are facilitated when appropriate. Confidentiality is maintained according to professional standards. Parents are welcome to contact Counseling Services at 843-349-2305 to discuss concerns about individual students, but counselors will not be able to reveal information provided by students without written permission.
resources for parents & students

National Institute on Alcohol Abuse and Alcoholism
www.niaa.nih.gov

Promising Practices: Campus Alcohol Strategies for Alcohol and Other Drug Prevention
www.promprac.gmu.edu

CCU Counseling Services
coastal.edu/counseling

Division of Student Affairs
P.O. Box 261954
Conway, SC 29528-6054
Tel 843.349.2302
Fax 843.349.6684
coastal.edu/students