

Tips for family:

- Call, email, or text your student often to find out how he or she is doing. Especially during the first 6 weeks which is a crucial time in decision making.
- Ask about the social environment on campus.
- Avoid sharing stories that glorify college drinking or drug use.
- Share with your student if there is a family history of alcohol or drug problems.
- Make sure your student understands the penalties if caught with alcohol or drugs on campus.
- Make certain your student understands how alcohol use can lead to date rape, violence, and academic failure.
- Remind your student that information posted on Snapchat, Twitter and other social media sites can have long-term consequences.
- Learn what campus has to offer and encourage your student to get involved.

Alcohol/other drug emergency transport policy

WSU considers the safety and personal well-being of the student body priority. WSU recognizes that there may be alcohol or drug-related medical or safety emergencies in which the potential for disciplinary action could act as a deterrent to students who want to seek assistance for themselves or others.

Students who are transported to a local hospital as a result of the abuse of alcohol or other drugs will be required to meet with a member of the Office of Health Promotion. Failure to schedule and attend the session may result in conduct action.

When a student aids an intoxicated or impaired individual by contacting University Police or Residential Life Staff, neither the intoxicated individual nor the individual reporting the emergency will be subject to disciplinary action.

Resources:

Campus resources

Office of Alcohol & Drug Prevention Education
508-929-8243
Jquinn@worchester.edu

Counseling Services
508-929-8072
www.worchester.edu/Counseling-Services

Health Services
508-929-8875

Residence Life
508-929-8074

University Police
508-929-8911

Worcester resources

Worcester Alcoholics and Narcotics Anonymous
<http://aaworcester.org>
www.centralmassna.org

Online resources

www.collegedrinkingprevention.gov
www.alcoholscreening.org
www.rethinkdrinking.niaaa.nih.gov



Alcohol and other drugs on campus

A message to families



WORCESTER
STATE
UNIVERSITY

Office of Alcohol & Drug Prevention Education
486 Chandler Street, SC-338 Worcester, MA 01602-2597

2/2019



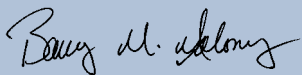
WORCESTER
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A Message from Barry M. Maloney, President of Worcester State University

The college experience is a time when students will make new friends, try new things, assume new responsibilities, and sometimes face peer pressure and difficult life choices. Among these difficult life choices is the use of alcohol. Many consider the use of alcohol during the college years as a “rite of passage.” While the number of college students who choose not to drink continues to rise, heavy drinking by students remains a significant national concern for colleges and universities.

I am acutely aware that a parent or guardian plays an important and influential role in the life of a student throughout the college years. This brochure is designed to facilitate discussions between parents or guardians and their students about making educated and safe choices in regard to the use of alcohol. I hope you find the information in this brochure helpful in these ongoing discussions.

Sincerely,



Barry M. Maloney
President



What families need to know

Alcohol, Drugs & Academics:

- Studies have shown that consuming 5 or more drinks in 1 night can affect brain functioning for up to 3 days, and 2 consecutive nights of 5 or more drinks can affect the brain for up to five days. But even small amounts of alcohol can affect brain functioning for a period of time after drinking.
- Nationally, students with an A average report they either choose not to drink, or they never drink more than 1-3 drinks in a week.
- Studies have shown that students who use non-medical prescription stimulants typically have low a GPA.

The Law

- If you use a fake ID in the state of MA, you risk being charged with a felony.
- In the state of MA, it is illegal to transport alcohol and marijuana in your vehicle if you are under the age of 21.
- Under the law, those who are incapacitated as a result of alcohol or other drug consumption may never give consent to sexual activity (voluntary or involuntary).
- It is illegal to share or sell prescription medications to other students.

WSU Policies

- All policies and minimum alcohol & drug sanctions may be found in the Code of Conduct:

www.worcester.edu/codeofconduct

Reality vs. Perception

While many students perceive that everyone around them is drinking alcohol, the reality is quite different. National Data shows the number of abstainers and low-risk drinkers has been steadily increasing every year.

Student's perception will influence them when making their own decisions regarding many health behaviors. If students are informed of the real norms (which are healthier than perceived) they will strive to adopt this healthier lifestyle.

The truth

- 68% of last year's incoming freshmen identify themselves as non-drinkers or abstainers*.
- 50% of WSU students had 4 or fewer drinks the last time they partied.
- 87% of WSU students identify themselves as never having used cigarettes. (The perceived norm is 10%)
- 47% of WSU students identify themselves as never having used marijuana. (The perceived norm is 8%)

Source 2018 Worcester State University, American College Health Survey Data
2018 Worcester State University, Alcohol Edu for College Data

*Abstainer—No alcohol in the past year
Non-drinker—No alcohol in the last 2 weeks, but may have consumed in the past year.