As a parent of a future or current college student, we know that two of the biggest concerns you have are whether your student will be safe and whether or not your student will succeed academically. Both of these concerns are understandable and are often closely tied to the use of alcohol and other drugs in the college environment.

Partners in Prevention is an organization of institutions dedicated to reducing high risk drinking among Missouri’s college students. We think it is important for you to know the extent of the problem at Missouri’s colleges and universities and how you can help us be a part of the solution.

For more information, contact:

Columbia College  
Counseling Services - 573.875.7423  
www.ccis.edu/counselingservices

Drury University  
Counseling Services - 417.873.7419  
www.drury.edu/counseling

Evangel University  
Counseling Services/Wellness Center - 417.865.2815, ext. 7222  
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University  
Office of Counseling Services and Prevention - 314.340.5112

Lincoln University  
Student Health Services - 573.681.5476

Maryville University of Saint Louis  
Health & Wellness Services - 314.529.9520  
www.maryville.edu/studentlife-health.htm

Missouri Southern State University  
MSSU Wellness 417.625.9533  
www.mssu.edu/wellness

Missouri State University  
Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology  
Counseling, Disability Support, and Student Wellness - 573.341.4211  
counsel.mst.edu

Missouri Western State University  
Counseling Center - 816.271.4327

Northwest Missouri State University  
University Wellness Services - 660.562.1348  
www.nwmissouri.edu/wellness

Rockhurst University  
Counseling Center - 816.501.4275

Saint Louis University  
Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University  
Counseling and Disability - 573.986.6191  
www.semo.edu/SAPE

State Technical College of Missouri  
Student Services - 573.897.5110

Truman State University  
University Counseling Services - 660.785.4014  
ucs.truman.edu

University of Central Missouri  
Office of Violence and Substance Abuse Prevention - 660.543.8338  
www.ucmo.edu/VSAP

University of Missouri  
Wellness Resource Center - 573.882.4634  
wellness.missouri.edu

University of Missouri-Kansas City  
Counseling, Health and Testing - 816.235.1635  
www.umkc.edu/chtc

University of Missouri-St. Louis  
Alcohol and Other Drug Prevention Coordinator - 314.516.6369  
www.umsl.edu/swbs

Westminster College  
Counseling & Health Services - 573.592.5361  
www.westminster-mo.edu/studentlife/chs

This publication is brought to you by Partners in Prevention, a coalition of twenty-one universities in Missouri. Partners in Prevention is funded by the Missouri Division of Alcohol and Drug Abuse.
Alcohol use and abuse among students is a serious problem on college campuses with many risks and consequences.

Physical Consequences:
Many students don’t know standard drink sizes and accidentally drink more than intended, which can lead to alcohol poisoning.

![One Drink](image)

Academic Consequences:
Partying during the week and drinking irresponsibly can lead to missing classes, falling behind, doing poorly on exams or papers and receiving lower grades overall.

Legal Consequences:
In Missouri, there are many laws and campus policies that regulate the use of alcohol. Violating these laws/policies could result in prosecution in the courts as well as through campus judicial offices, which could impose a student suspension or probation from campus. Educate yourself and your student on these laws.

Future Career Consequences:
Many companies today are conducting background checks on potential employees. For college students convicted of drug and drinking-related offenses, it could prove difficult to find employment or admittance into graduate and professional programs, such as medical or law school.

As a parent, it is very important that you discuss the risks and consequences associated with alcohol abuse and alcohol use by those under 21. Looking for the right words to bring up the topic of alcohol in college?

Remind your student that not everyone drinks in college
- About 1/3 of Missouri college students don’t drink!* There are plenty of ways to have fun in college that don’t include alcohol. Encourage your student to get involved in extracurricular activities and organizations!

Remind your student to keep themself safe
- It is illegal to drink while under the age of 21 in Missouri. Talk to your student about avoiding drinking to get drunk, remind them that you can still enjoy the positive benefits of socializing with alcohol without the negative consequences.

Remind your student to keep their friends safe
- 93% of Missouri college students would call 911 or take a friend to the hospital if they thought they had alcohol poisoning.*
- Most Missouri college students use a designated driver. Encourage your student to have at least one sober friend for every four consuming alcohol.

Share your expectations with your student
- Talk with them about balancing academic work and social life. Talk with them about the legal and student conduct consequences of getting an alcohol violation and share with them that you expect that they conduct themselves responsibly while in college. Hold them accountable for these expectations.

While alcohol is a major concern on college campuses, there are a number of other concerns your student may deal with during their time in college. It is important that you encourage your student to seek help for these issues and consult the many resources your campus may offer (health services, counseling services, wellness centers, tutoring). It is also important that you support your student without being judgmental, as the stigma surrounding some of these issues can prevent them from asking for help.

Sexual Assault
- Sexual assault, sexual harassment, relationship violence and stalking are taken very seriously. Our campuses are educating, preventing and responding to violence; however, as parents you can do something, too! Talk to your student about consent, how to get and give clear consent and how to be a supportive friend.

Marijuana
- 80% of Missouri college students believe the typical student uses marijuana, when in reality 76% do not! Talk with your student about the pressures of drug use and the many health and legal consequences that come with marijuana use.

Mental Health
- Stress will likely be something your student faces while at college. Proper time management can help relieve some stress, but figuring out stress-relief techniques is important for all students. If issues with mental health extend beyond stress, encourage your student to visit the campus mental health services or counseling center. Remain supportive and check in with your student regularly.

Rx misuse
- Prescription drug misuse, addiction, and overdose is growing issue on college campuses and the pressure to take these drugs is real. Talk to your student about keeping medications safe and out of sight and properly dispose of any unused medication in your home.