

## Sexual Assault

Rape, sexual assault and other forms of sexual violence occur on college campuses just as they do everywhere in society. One in three women and one in ten men in the United States are sexually victimized. One in four to one in six college age women are raped or sexually assaulted. These crimes are rarely reported to the police. Approximately 84% of rapes and sexual assaults are committed by someone the victim knows. Alcohol is often a factor. Sexual assault can affect an individual's emotional well being, physical health, academic performance and personal life. It can also affect family, friends, and communities. It is important for individuals who have been assaulted to seek medical attention, to consider reporting to the police, and to talk with a counselor or other professional support person. It is also important to remember that rape and sexual assault are never the survivor's fault.

## Mental Health

Many college students struggle with mental health issues. These problems can take many forms such as depression, anxiety, eating disorders, or stress. Some students already come to college with mental health issues, while others develop mental health issues from the stress and pressures of college. It is important that students receive treatment for these issues because mental health disorders can contribute to lack of focus on academic and social obligations, and in the worst case suicide. If your son/daughter is suffering from mental health issues, encourage him/her to seek help from the campus counseling office.



## about partners in prevention

Partners in Prevention (PIP) is a statewide coalition focused on preventing high-risk drinking among Missouri's college students. The coalition is composed of representatives from each of Missouri's 12 state colleges and universities and is underwritten by grants from the Missouri Division of Alcohol and Other Drug Abuse, and Missouri Department of Transportation's Highway Safety Division.

For more information about Partners in Prevention, go to: <http://pip.missouri.edu>

### Additional Resources

PIP Brochures Available for Download:

*What is Your Degree Worth? Alcohol and Your Career  
Women and Alcohol  
Predatory Drugs  
Ecstasy  
Gambling Brochure  
Date Rape Drugs  
What Every College Student Needs to Know: Information  
About Alcohol Laws in Missouri  
Succeeding in College: A Survival Guide for Future Missouri  
College Students*

Higher Education Center  
<http://www.edc.org/hec>

[www.parentingisprevention.org](http://www.parentingisprevention.org)

Parenting Skills  
21 Tips and Ideas to Help You Make A Difference  
<http://www.health.org/govpubs/PHD826/>

Keeping your Kids Drug-Free  
<http://media.shs.net/prevline/pdfs/phd884.pdf>

A Brief Guide to Action for Parents  
[http://www.theantidrug.com/pdfs/ei/parents\\_brochure.pdf](http://www.theantidrug.com/pdfs/ei/parents_brochure.pdf)



## Statewide Contact Information

**Harris-Stowe State University**  
Office of Counseling Services  
314.340.5053

**Lincoln University**  
Student Health Services  
573.681.5476

**Missouri Southern State University**  
Advising, Counseling, and Testing  
417.625.9324, <http://www.mssu.edu/ssc>

**Missouri Western State University**  
Counseling Center  
816.271.4327

**Northwest Missouri State University**  
Wellness Center  
660.562.1348

**Southeast Missouri State University**  
Substance Abuse Prevention and Education  
573.986.6191, <http://www6.semo.edu/SAPE>

**Missouri State University**  
Dean of Students' Office  
417.836.5527

**Missouri University of Science and Technology**  
Counseling Center  
573.341.4211  
[counsel@mst.edu](mailto:counsel@mst.edu)

**Truman State University**  
University Counseling Services  
660.785.4014

**University of Central Missouri**  
Office of Violence and Substance Abuse Prevention  
660.543.8338

**University of Missouri**  
Wellness Resource Center  
573.882.4634, <http://wellness.missouri.edu>

**University of Missouri-St. Louis**  
Wellness Resource Center  
314.516.5380, [http://www.umsl.edu/services/health\\_health\\_services@umsl.edu](http://www.umsl.edu/services/health_health_services@umsl.edu)

**University of Missouri-Kansas City**  
Counseling, Health and Testing  
816.235.1635, <http://www.umkc.edu/chtcc/chtcc@umkc.edu>

# what every parent needs to know.

Information about alcohol and other college health issues



## introduction

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.

As an organization of institutions dedicated to reducing high risk and underage drinking among Missouri's college students, we think it is important for you to know the proactive steps schools are taking to curb alcohol and drug abuse, the extent of the problem at Missouri's universities, and how you can help us be part of the solution.

## alcohol and college students

Alcohol use and abuse among college students is a serious problem on many campuses. With the use of alcohol come many risks and consequences. These risks include physical sickness, academic consequences, future career consequences, and potential legal consequences.

### Physical Consequences

Students who consume alcohol can often experience negative physical consequences, to themselves or others. Recently, there have been a number of highly publicized cases where college student alcohol overuse has resulted in death from alcohol poisoning.

### Academic Consequences

Research on college campuses has concluded that students who heavily use alcohol receive lower grades and experience lower academic success.

### Future Career Consequences

More 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.

### 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 son/daughter on the laws that are relevant to them.

### the good news

Not all Missouri college students are using alcohol, and most students who do consume alcohol are doing so responsibly. In fact, state-wide research has found the following good news about Missouri college students: What are Missouri college students like?

- Most make healthy choices*
- Most drink 0-4 drinks per week*
- Most don't drink and drive.*
- Most use a designated driver when they chose to drink.*
- Most don't smoke.*

*\*Data taken from the Missouri College Health Behavior Survey, Spring 2008 (n=5,168)*

It is important that your son/daughter realize the truth about alcohol on Missouri college campuses- that most students who use alcohol are using it responsibly.

### your role

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. Share with your son/daughter what your expectations are for their behavior, class attendance, and grades. Hold your son/daughter accountable for these expectations.



### Communication

After your son/daughter has begun college, continue to communicate with them. Call or email on a regular basis and inquire about their experiences at college. The Century Council recommends the following conversation starters:

#### before your student leaves

- How will you decide whether or not to drink at college?*
- What will you do if your roommate wants to have alcohol in your residence hall room?*
- What will you do if your roommate only wants to drink and party?*
- What will you do if you find a student passed out?*
- How will you handle it if you are asked to baby-sit someone who is very drunk?*

#### after your student is at college

- How are you doing?*
- Do you like your classes?*
- What are you learning in your classes?*
- What is the party scene like?*
- What kind of activities are available?*
- Do you enjoy where you live?*
- Do you see others making friends or drinking buddies?*
- How are you getting along with your roommate?*
- Are you feeling overwhelmed?*
- What can we do to help?*

### Encouragement and Support

Although your son/daughter is gaining independence by attending college, it is still important for you to give encouragement and support during this time of transition. Your son/daughter will respond best if you respect him/her as a young adult.

### Getting Help

If you suspect that your son/daughter is struggling with academic, emotional, or alcohol-related issues, there are many offices on campuses to help your student, free of charge. Encourage your son/daughter to seek help

through these services by contacting the counseling center, prevention office, or student health center to find out how they can receive help. See a list of university contact information on the back of this brochure.

## other issues college students face

### Other Drug Abuse

This category includes illegal, prescription, and over the counter drug abuse. Some college students are abusing drugs, which can have negative physical, mental, and emotional effects for those students. Also, students who abuse drugs are more likely to suffer academically.

### Gambling

Gambling is one of the most overlooked issues facing college students. Problem gambling is a major threat to academic success and financial well-being. Gambling is a problem on the rise in college populations because of increased availability of gambling sites on-line. The most common reasons students gamble include: stress relief, to make money, risk-taking rush, add excitement to athletic events, boredom or depression, control, and curiosity.

### Sexual Health

Although not every college student is sexually active, a significant number of Missouri's college students are. If safe sex is not practiced, there are risks of contracting sexually transmitted diseases (STDs). Encourage an open dialogue with your son/daughter on the issue of safer sex and alternatives to sexual activity, such as abstinence. Many campuses offer resources to students such as condoms, STD screenings, and information on healthy relationships, and alternatives to sexual activity.

