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## HELPFUL RESOURCES AND INFORMATION

*Alcohol and Drug Education Programs:* <http://studentlife.tamu.edu/adep>

*Offices of the Dean of Student Life:* <http://studentlife.tamu.edu>

*Texas A&M Student Rules:* <http://student-rules.tamu.edu/>

*Residence Life:* <http://reslife.tamu.edu/>

*Student Counseling Service:* <http://scs.tamu.edu/>

*Student Activities:* <http://studentactivities.tamu.edu>

*Student Health Services:* <http://shs.tamu.edu/>

*University Police Department:* <http://upd.tamu.edu/>

## SYMPTOMS OF ALCOHOL POISONING

- *Person is passed out and cannot be awakened*
- *Person has cold, clammy, or bluish skin color*
- *Person has slow or irregular breaths*
- *Person has slow or irregular heartbeats*
- *Person has difficulty standing or walking*
- *Person is vomiting and does not wake up*

CALL FOR HELP if any person has any of these symptoms

On-Campus (using campus phone): 9-911

Off-Campus: 911

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**ADEP**  
ALCOHOL & DRUG EDUCATION PROGRAMS  
OFFICES OF THE DEAN OF STUDENT LIFE  
<http://studentlife.tamu.edu/adep>  
(979) 845-0280

# AN AGGIE PARENT'S GUIDE TO TALKING TO YOUR STUDENT

## *Alcohol and College Life*

One of the greatest challenges many students face in college is the pressure they may encounter regarding alcohol. Research shows, new students are particularly vulnerable to these pressures because they are still learning how to adjust to the campus environment and balance their lives effectively. In an effort to support our students, Texas A&M University's Alcohol and Drug Education Programs wants you as Aggie Parents to have the information and support needed to assist your student during this time of transition.

As Aggie Parents - the most influential people in our Aggies' lives – it is important for you to discuss this important topic with your student. For many parents, bringing up the subject of alcohol or drug use is not easy or comfortable. You may be unsure of when or how to begin and your student may dodge the conversation. Before you have that conversation, it is important for you to be aware of the risks and consequences associated with alcohol so you can help your student be more aware. Research conducted across the country, as well as at Texas A&M University, clearly indicates that impaired judgment from drinking can lead to risky behavior causing academic, legal, and personal problems. It is important for our students to understand all of the risks associated with drinking. As Aggie Parents we hope you join us in this effort to educate our students about all of these risks so your student can be prepared to make responsible decisions. While parents may not be able to actively monitor students away from home, they can be available to talk and listen, and that is just as important.



Courtesy of Texas A&M Media Relations

Texas A&M University takes various steps to ensure that students are knowledgeable concerning the impact of alcohol and other drugs on a college students' life. Student Life's Alcohol and Drug Education Programs offers many resources and services to students and parents including educational presentations in academic classes and organization meetings, formal alcohol education workshops, peer education program, one on one intervention and motivational interviews, and referrals to student counseling professionals who can assess the potential for ongoing issues. Remind your students we are here as a resource, and call us if you as parents have any questions.

To help start the conversation, Alcohol and Drug Education Programs has provided you with a list of discussion topics\*. By having this conversation before your student arrives on campus, you help educate them so they are prepared to make responsible decisions.

**1. Set clear and realistic expectations regarding academic performance.**

Studies conducted nationally have demonstrated that drinking to excess may contribute as much to a student's decline in grades as the difficulty of their academic work. If students know their parents expect sound academic work, they are more likely to be devoted to their studies and have less time to get in trouble with alcohol.

**2. Stress to students that alcohol is toxic and excessive consumption can fatally poison.**

This is not a scare tactic. Students die every year from alcohol poisoning – even at Texas A&M. Discourage dangerous drinking such as drinking quickly, or playing drinking games. Parents should make sure their student understand how alcohol affects the system, and the signs of alcohol poisoning (listed on the back).

**3. Empower your student to intervene when classmates are in trouble with alcohol.**

Nothing is more tragic than an unconscious student being left to die while others either fail to recognize that the student is in jeopardy or fail to call for help due to fear of getting the student in trouble. Students often call their parents in these situations seeking advice. After learning the signs of alcohol poisoning, it is important to make sure your student knows to call 911 if any student is exhibiting any one of these signs.

**4. Tell students to stand up for their right to a safe academic environment.**

Students who do not drink can be affected by the behavior of those who do, ranging from interrupted study time to assault or unwanted sexual advances. Students can confront these problems directly by discussing them with the offender. If that fails, they should notify the Resident Advisor, Hall Director Staff, Coordinator of Residence Life, or Alcohol and Drug Education Programs for support and resources.

**5. Know the alcohol scene on campus and talk to students about it.**

Students grossly exaggerate the use of alcohol by their peers. A recent survey found that Texas A&M students believed 92 percent of their peers drink alcohol at least once a week, when the actual rate was 56 percent. Students are highly influenced by peers and tend to drink up to what they perceive as the norm. Confronting misperceptions about alcohol use is vital.

**6. Avoid tales of drinking exploits from your own college years and encourage your student to support true Aggie Traditions.**

Entertaining students with stories of drinking back in "the good old days" normalizes what, even then, was abnormal behavior. It also appears to give parental approval to dangerous alcohol consumption and gives them an automatic excuse for their poor decisions. True Aggie Traditions do not incorporate alcohol. Student rituals that support drinking do not reflect Texas A&M University Core Values.

**7. Encourage your student to become involved in student organizations and/or volunteer in community work.**

In addition to structuring free time, involvement provides students with opportunities to develop leadership and job-related skills, and to gain valuable experiences. Helping others also gives students a broader outlook and healthier perspective on the opportunities they enjoy. The Department of Student Activities, located in Koldus 125, can help students find the organizations suited to fit their needs. Your student can also check out Student Activities at <http://studentactivities.tamu.edu/online/home>

**8. Be clear – Underage alcohol consumption, drinking to excess and driving after drinking are against the law and university policy.**

Parents should make it clear that they do not condone breaking the law or university policy. Openly and clearly express disapproval of underage drinking and dangerous alcohol consumption. And, if parents themselves drink, they should present a positive role model in the responsible use of alcohol. For more information on Texas A&M Student Rules: <http://student-rules.tamu.edu>

