Alcohol & Drug Information Parents Should Know

High Drinking Times During the academic year

- The first six weeks of school (pressure to socialize and fit in)
- Right before, during or after midterm and final exams
- Major sporting events
- Relationship break ups (not just romantic but discord with roommate or peers)
- Fraternity and Sorority rush/recruitment
- Spring Break
- Graduation
- Birthdays or other Celebrations

Signs your student may have an alcohol or problem

- Failure to fulfill major work, school, or home responsibilities.
- Specific school problems such as poor attendance, low grades, and/or recent disciplinary action.
- Drinking in situations that are physically dangerous, such as driving a car.
- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk.
- Continued drinking despite having ongoing relationship problems that are caused or worsened by drinking.
- Mood changes such as temper flare-ups, irritability, and defensiveness.
- Physical or mental problems such as memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

Signs your student may have a drug problem

- Experiencing withdrawal symptoms (e.g. nausea, restlessness, insomnia, concentration problems, sweating, tremors, and anxiety).
- After reducing or stopping chronic drug use. Taking a drug in order to avoid withdrawal symptoms.
- Spending a lot of time getting, using, and recovering from the effects of a drug.
- Abandoning previously-enjoyed activities, such as hobbies, sports, and socializing, in order to use drugs.
- Neglecting school, work, or family responsibilities.
- Taking risks while high, such as starting a fight or engaging in unprotected sex.
- Continuing to use despite physical problems (e.g. blackouts, flashbacks, infections, injuries) or psychological problems (e.g. mood swings, depression, anxiety, delusions, paranoia) the drug has caused.
- Legal troubles because of drug use, such as arrests for disorderly conduct, driving under the influence, or stealing to support drug habit.

Ways to intervene if your student shows signs or symptoms of an alcohol problem

- If you believe your student is having a problem with substances, do not blame them, but find appropriate treatment.
- Share your concern and encourage the student to seek help.
- Recognize that denial is a powerful aspect of substance problems and that it can involve conscious or unconscious lying and distorting the truth.

Contact Substance Abuse Prevention Coordinator at 336.758.4371 for support and resources.
http://choices.studentlife.wfu.edu/