

According to the 1997 College Alcohol Survey (Anderson and Gadaletto) college and university administrators estimate alcohol is involved with:

*29% of drop outs*

*38% of academic failures*

*64% of violent behaviors*

*66% of unsafe sexual practices*

*75% of acquaintance rapes*

**Contributors:**

*Maureen Conway,  
University of California – San Francisco*

*Kim Dude,  
University of Missouri-Columbia*

*Ellen Gold,  
Eastern Michigan University*

*Annann Hong,  
Northwestern University*

*Jeff Linkenbach, Ed.D.,  
Montana State University*

*Nancy Schulte,  
George Mason University*

*Janice Wilbur, Ph.D.,  
University of Connecticut*

**The following organizations  
join us in support of this message:**

*American Council on Education*

*American Association of Collegiate  
Registrars and Admissions Officers*

*Association of Governing Boards  
of Universities and Colleges*

*The BACCHUS and GAMMA  
Peer Education Network*

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**THE CENTURY COUNCIL**

*The Council fights alcohol abuse  
and is funded by America's leading distillers.*

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# Parents, you're not done yet.

*Have you talked  
with them  
about drinking  
in college?*

## Low risk drinking is:

- *Thinking about whether you will drink, what you will drink before the party*
- *Being 21 or older*
- *Eating a meal before drinking*
- *Abstaining is the safest choice*
- *Drinking no more than one drink per hour; maximum 1 for women, 2 for men*
- *Always knowing what you are drinking*
- *Alternating alcohol-free drinks throughout the evening*
- *Knowing how you will get home safely before you go out*

*The misuse of alcohol by under-age students and by students over 21 remains a problem for some in spite of laws, campus policies and college programs.*

*So, when talking to your son or daughter about their choices with regard to alcohol, you may want to discuss the differences between low-risk and high-risk drinking and abstaining.*

## High risk drinking is:

- *Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose, or funnel)*
- *Drinking to get drunk (intoxicated)*
- *Driving after drinking or riding with someone under the influence*
- *Drinking too much too fast*
- *Going to parties where people drink too much*
- *Not knowing what is in your glass or leaving it unattended*
- *Mixing alcohol with medications or illegal drugs*