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Did You Know?

Starting College Safely: Summer is winding down, which means it's almost time for many first-time college students to start classes. This new experience can be a stressful time for both students and their families, and there are many important things to consider to keep students safe.

What Parents Should Know:

- The first 6 weeks of college are often the most vulnerable time for students to experiment with alcohol and other drugs due to many new changes and social pressures.
- 1 in 4 college students experience academic problems related to alcohol use. This includes missing classes or assignments and poor grades.
- About 20% of college students meet the criteria for an Alcohol Use Disorder (AUD).
- Full-time college students are at a much higher risk for starting marijuana use than their peers who are not enrolled in college. Marijuana use can lead to memory loss and difficulty with thinking and problem solving.
- Prescription stimulants like Ritalin and Adderall are sometimes abused by college students and called "study" or "smart" drugs. These drugs do not improve cognition or learning ability when taken by someone who does not have a diagnosis of Attention-Deficit Hyperactivity Disorder (ADHD).
- **Having frequent, open conversations about alcohol and other drug use can be a strong protective factor in preventing a young person from using these substances.**

What Students Should Know:

- Use of alcohol and other drugs is directly associated with lower grade point averages.
- It is a good idea to save important campus phone numbers in your cell phone, such as campus safety/university police, the health center and the counseling center.
- Familiarize yourself with the resources and support systems offered on campus. If you or someone you know is experiencing problems with alcohol or other drug use, reach out for help.
- Keep in touch with family and friends back home. Maintaining your support system will help you through this period of transition.
- **Avoiding alcohol and other drugs can help prevent accidents, injuries, assaults and other problems during college.**

Sources: www.cdc.gov; www.niaaa.nih.gov; www.monitoringthefuture.org; www.drugabuse.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org