For Parents and Families:
Supporting Your Safe and Healthy Spartan

Gina M. Firth
University of Tampa
Associate Dean of Wellness
YOU MADE IT!!!
We want your student to succeed!

We need your help!
Today’s Goals

• **TO GET YOUR SUPPORT!**
  To enlist parental/family support for the University of Tampa’s policies and programs that are designed to keep students safe and reach their potential.

• **OFFER SUGGESTIONS**
  How parents/family members can assist students in making healthy/safe choices while a student at the University of Tampa.
Today’s Goals

• **THE OLD DAYS ARE GONE!**
  To understand that college drinking is different now then it was when we were in college.

• **GIVE YOU RESOURCES**
  To inform parents of resources available to them and their students.

  Share with you information on our Campus Recreation Program
Health and Safe Students at UT

The University of Tampa is here to support whole-person development

- Physical
- Intellectual
- Emotional
- Social
- Spiritual

Interconnected
Why Wellness?

- Students need to be well to do well.
- Happy and healthy students are:
  - more successful academically
  - enjoy qualities of life that help maximize their personal potential.
Healthy and Safe Students at UT

• Staying “Well” can be pretty tough for busy college students, yet it is VITAL to their success.

Please Consider:

- Taking emotional issues seriously; encourage your student to talk with someone if necessary.

- Touting the benefits of good sleep
Healthy and Safe Students at UT

• Please Consider:
  - Encourage Healthy Eating
  - Encouraging Community Service
  - Suggesting Ways to Work Physical Activity Into Their Schedule.
Financial Well-Being

Work together to set up a budget

Set limits if you provide a credit card

Encourage your student to find a part-time job
Academic Well-Being

- Express your confidence in their abilities
- Don’t rush or push your student into a major
- Allow your students to try and solve their own problems
Live Well UT

Wellness at UT involves the recognition that students have physical, psychological, social and spiritual needs; with each dimension being necessary for optimal levels of functioning.
We are located on the 2nd floor

Staff:
Gina Firth-Associate Dean of Wellness
Katie White-Assistant Director, Campus Recreation and Wellness (office in McNiff)
Charlotte Petonic-Wellness Coordinator
Lisa Ryan-Staff Assistant
Charles Yezak-Director of the Office of Campus Recreation is also located in the center
Active Minds

This group works to utilize the student voice to change the conversation about mental health on college campuses, educates students on mental health issues and advocates to reduce related stigma.

http://www.activeminds.org/
Better Together

This student group’s mission is to promote understanding and respect for diverse spiritual and nonspiritual beliefs by means of dialogue, education and advocacy and service.

http://bettertogetherinterfaithgroup.weebly.com/
Breathe Easy UT

Provides education on:

• tobacco cessation opportunities
  • one-on-one appointments are available with a tobacco cessation specialist.
• smoking policy education
Smoking Policy

As of Aug. 1, 2013, the use of tobacco products is prohibited on The University of Tampa’s campus and other UT properties, except in designated smoke zones. All forms of tobacco/nicotine or other smokable or vaping products, including, but not limited to cigarettes, chew tobacco, electronic cigarettes, bidis, cigars, cigarillos, shisha and hookah, are to be confined to the four designated smoke zones.
Effective August 2013
Tobacco products and e-cigarettes will only be allowed in the designated smoke zones.

Zone 1
Between Straz Hall and Baseball Field

Zone 2
Between Library and McKay Hall

Zone 3
Behind Krusen Building

Zone 4
Delo Park (in front of Austin)

Questions or concerns? Contact Breathe-Easy UT at breathe.easy.utampa@gmail.com.
Disjointed

This student-driven initiative educates UT on the legal and health effects of marijuana use.

Their mission is to give true, research-based information to students so they can make informed decisions.
FOODS

Focusing On Optimal Dietetics for Students (FOODS) is designed for students by students to generate an awareness of the impact of food on overall health.

http://www.nourishyourself.info/
GLTSBA (Gay, Lesbian, Transgender, Straight, Bisexual Alliance) is a student organization committed to creating an open-minded, welcoming community and fostering a healthy respect for all individuals regardless of sexual orientation and gender identity.

The group serves to raise awareness and address issues pertaining to lesbian, gay, bisexual and transgender people and to provide a safe environment for support.
Mirror Image

Mirror image seeks to empower UT students to maintain positive body esteem based on recognition of what they can and cannot control in regard to size and shape. See Yourself…Accept Yourself…Smile.

http://mirrorimagetampa.weebly.com/
Rx Factor

The RX Factor is a prescription drug abuse awareness, safety and education program.
Red Flag Campaign

Red Flag provides healthy relationship education for students, promoting a by-stander intervention model: If you see a red flag, say something.

http://redflagut.weebly.com/
Safe and Sexy Spartans (SASS) is designed by students and for students, aims to:

–(1) assess current student knowledge and needs relating to sexual health and
–(2) provide accurate and appropriate information relating to such topics as contraceptive use, sexually transmitted infections and social norms.
Balance UT

Yoga and meditation classes as well as sleep hygiene and stress management education aimed to support the holistic health and wellness of the students at The University of Tampa.
Natural and Alternative Practices

NEW!
Student Environmental Action Coalition

Doing what we can, whenever we can, for the betterment of our environment
Watch Your BAC

Watch Your BAC provides an alcohol abuse reduction program focusing on educating students on blood alcohol concentration, correct drink equivalent education and moderation techniques.

http://www.watchyourbac.com/
Team CHAOS is our Residence Life sponsored peer education team that educates on a variety of issues regarding responsible living, including alcohol, other drugs and sexual health.

They also provide alternative activities and events for those students who wish to not be around or use alcohol.
Our Programs and Initiatives Impact Every Aspect of our Students
Impediments
Physical Wellness Programs

Physical Wellness programs provide opportunities to improve overall physical health and fitness and to build lifelong fitness habits.
Physical Wellness

- Body composition testing
- Off-campus recreation and trips
- *Healthy Spirit* newsletter
- Eat right and healthy eating programs
- Nutrition information in dining areas
- Self-defense class
- Sun safety
- AIDS testing
- Breast Cancer Awareness Week
- “Melanoma Monday”
- Sexual Health Awareness Week
- Sleep Awareness program
- Gambling Awareness Week
- Student Nurse Association Health Fair
- Accessibility services for students with disabilities
The University of Tampa

OFFICE OF
CAMPUS RECREATION
The Office of Campus Recreation is dedicated to providing The University of Tampa community with the opportunity to participate in intramural sports, organized recreational events, and fitness activities. As a vital component in the process of higher education, the campus recreation program contributes to the physical, social and psychological well-being of students, faculty, and staff. The office organizes, administers, and promotes a broad spectrum of leisure, competitive, and educational activities emphasizing teamwork, fair play, and healthy living while meeting the needs and interests of its participants.
FIVE CORE COMPONENTS OF CAMPUS RECREATION

I. Intramural Sports
II. McNiff Fitness Center
III. Sport Clubs
IV. Leisure Recreation & Off-Campus Excursions
V. Leadership Challenge Courses
THE UNIVERSITY OF TAMPA

INTRAMURAL SPORTS

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INTRAMURAL SPORTS

- Provides students, faculty, and staff the opportunity to participate in organized, non-varsity team, dual, and individual sports
- Structured leagues are comprised of 13 different team sports
- Monthly weekend tournaments are held in a variety of various sport disciplines
INTRAMURAL SPORTS

Team sports include:

- Flag Football
- Indoor Soccer
- Sand Volleyball
- 3-on-3 Basketball
- Co-ed Softball
- Ultimate Frisbee
- Team Handball

- Basketball
- Dodgeball
- Indoor Volleyball
- Soccer
- Softball
- Floor Hockey
INTRAMURAL SPORTS

Weekend tournaments include:

- 4-on-4 Flag Football
- Whiffleball®
- 2-on-2 Sand Volleyball
- Tennis Singles
- Tennis Doubles
McNIFF FITNESS CENTER

- 17 PRECOR cardio machines including elliptical machines, stationary bikes, adaptive motion trainers and stair climbers
- Multiple free-weight lifting stations with more than 2,500 lbs. of plates
- Group fitness area complete with mats, steps, hand weights, BOSU balls, kettle bells, and stability balls
- Four Life Fitness Treadmills
- Two Concept2 Rowers
- 14 Nautilus Nitro, Cybex, and Life Fitness weight machines
- 16 Star Trac SPINNER NXT bikes
In addition to the provision of weight and cardiovascular machines, the fitness center offers the following services:

- Group Fitness Class
- Personal Training
- Fitness and Wellness events, including nationally recognized instructor classes and certifications

The Fall 2014 group fitness schedule will feature 26 classes per week taught by nationally certified instructors.
The McNiff Fitness Center offers one-on-one training sessions with one of our six nationally certified personal trainers who can help students improve their current routine or design something completely new.

All packages begin with a fitness assessment consisting of body composition, flexibility, muscular strength and cardiovascular endurance components.

A consultation to determine needs and goals will follow the assessment. Sessions are one hour in duration.
SPORT CLUBS
SPORT CLUBS

- Promote and develop the interests and skills of individuals in various sports and recreational activities.

- Provide competitive, instructional and recreational activities for students, faculty and staff.

- Emphasize the development of both leadership skills and sense of community.

- Teams compete at the local, state, regional and national levels.
SPORT CLUBS

- Ice Hockey
- Roller Hockey
- Paintball
- Equestrian
- Field Hockey
- Flag Football
- Tennis
- Fishing
- Men’s Indoor Soccer
- Women’s Indoor Soccer
- Rock Climbing
- Outdoor Basketball
- Bodybuilding
- Magic: The Gathering
SPORT CLUBS

Seven of the 14 sport clubs currently participate at the national collegiate level:

- **Ice Hockey** (American Collegiate Hockey Association)
- **Roller Hockey** (National Collegiate Roller Hockey League)
- **Paintball** (National Collegiate Paintball Association)
- **Field Hockey** (National Field Hockey League)
- **Tennis** (United States Tennis Association)
- **Flag Football** (National Intramural-Recreational Sports Assoc.)
- **Equestrian** (Intercollegiate Horse Show Association)
LEISURE RECREATION &
OFF CAMPUS EXCURSIONS
LEISURE RECREATION & OFF CAMPUS EXCURSIONS

- Several on-campus leisure recreation happenings occur on a daily basis including outdoor basketball and volleyball, bicycle rentals through the Bike UT! program, and other assorted activities.

- Additionally, a variety of off-campus activities are held throughout the academic year to provide students the opportunity to participate in recreational experiences in the surrounding community as well as in other geographic areas across the continental United States.
LEISURE RECREATION & OFF CAMPUS EXCURSIONS

Off-campus excursions planned for 2014-15 include:

- Indoor Rock Climbing
- Paintball
- Canoeing
- Sea Kayaking
- Deep Sea Fishing
- Day Hiking (Series)
The Outdoor Leadership Challenge Course allows small groups of students to take on realistic and unrealistic problems in an outdoor environment.

Students may be asked to scale a wall, get all their members through a spider’s web without touching the strings, or balance their whole team on a small board while singing a song.
The group processes the experience to evaluate group dynamics, communication, problem solving abilities and conflict resolution skills in an effort to connect lessons learned to daily life.

In Fall 2012, an indoor version of the outdoor course was created--many of the same elements found on the outdoor leadership challenge course are recreated inside the Cass Gym.

The indoor course provides a rain-out site for events scheduled on the outdoor course as well as a site to host events during current construction.
For more information please contact:

Charles R. Yezak, Jr.
Director of Campus Recreation

(813) 257-3615
cyezak@ut.edu
www.ut.edu/recreation
Spiritual Wellness

• The Campus Resource Team for Faith, Values and Spirituality works hard to build community partnerships, encourage and support spiritual organizations and related activities.
UT’s Student Spiritual Organizations

- Better Together
- Campus Crusade for Christ
- Catholic Student Organization
- Chabad Jewish Student Union
- Hillel at The University of Tampa
- Muslim Student Organization
- Intervarsity Christian Fellowship
- Sigma Phi Lambda
- Young Life
- Indian Cultural Association
Spiritual Wellness

PROGRAMMING SERIES

• Drum Circle Sunday, Sept. 14, 5–7 p.m., Plant Park.
• Day of Peace Wednesday, Sept. 17, 7-9 p.m., Sykes Chapel and Center for Faith and Values.
• My Faith Story Wednesday, Oct. 29, 7–9 p.m., Sykes Chapel and Center for Faith and Values, Room 107.
• Gratitude Banquet Wednesday, Nov. 19, 6:30–9:00 p.m., Plant Hall, Grand Salon.
Spiritual Wellness

EVENTS

INTERFAITH SERVICES
Sykes Chapel and Center for Faith and Values
- Remembrance Service - Wednesday, Oct. 22, 7–9 p.m
- Interfaith Graduation Celebration Friday, Dec. 12, 4–5

OFF CAMPUS EXPERIENCES
- Labyrinth/Yoga at Franciscan Center Sunday, Sept. 28, 4–6:30
- Beulah Baptist Sunday, Oct. 26, 9:15 a.m.
- Loy Krathong Buddhist Festival, Saturday, Nov. 8, 6–10 p.m.
Spiritual Wellness

BOOK CLUBS
*Power of Pause, by Terry Hershey* - monthly book club, beginning in September

COMMUNITY CONVERSATIONS
Meets three times September–November
Connect with others by engaging in discussions on meaningful topics. This fall the theme is “Health and Spirituality.”

Register by Sept. 19 at www.ut.edu/spiritual or pick up a registration form on the second floor of the Dickey Health and Wellness Center.
Interfaith Harmony Week

April 16 - 21, 2012

WEDNESDAY, APRIL 18, 2012
- Kundalini Yoga for Happiness • 10:00 am, Sykes Chapel and Center for Faith and Values
  Balance your mind and focus on your happiness with this guided meditation.
- Q&A on Mormonism and Politics with Dr. Cragun • 4:00 pm
  Sykes Chapel and Center for Faith and Values, Room 107 A&B
- Divided We Fall • 7:00 pm, Rathskellar
  Join Better Together in a discussion after the showing of a film about Muslims and the aftermath of 9/11. Refreshments provided.

THURSDAY, APRIL 19, 2012
- Speed-Faithing • 6:00 pm, Sykes Chapel and Center for Faith and Values, Room 107 A&B
  Join Better Together and their community partners in small roundtable conversations about interfaith cooperation and awareness at UT. Refreshments provided.
- GLTSBA's Talk on Sexuality and Spirituality • 7:00 pm
  Sykes Chapel and Center for Faith and Values, Room 107 A&B
  Take part in GLTSBA's Q&A on sexuality and spirituality in today's world.

FRIDAY, APRIL 20, 2012 (GLTSBA’s Day of Silence)
- GLTSBA's Break the Silence • 12:00 pm, Vaughn Courtyard
  Witness the powerful message of GLTSBA's Break the Silence event.
- Shabbat Dinner • 6:30 pm, ResCom Common Room
  The dinner is hosted by Hillel.

SATURDAY, APRIL 21, 2012
- Liiva Kohn: Applied Daoist Cultivation • 9:00 am to 4:00 pm
  Vaughn 9th Floor - Registration Required by April 19
  This workshop outlines the integrated Daoist vision of the mind and its key mode of operation, including several methods of connection to the energy body and transforming the emotions. To register, please visit http://www.ut.edu/spiritual and click on RSVP link or call (813) 257-1877.
THE UNIVERSITY OF TAMPA

Freedom of Expression Showcase

EXPRESS WHAT YOU ARE PASSIONATE ABOUT
April 16, 2012 • 6:00 p.m. • Reeves Theatre

For details on how to participate visit: http://bettertogetherinterfaithgroup.com
• Open prayer and meditation hours in the main chapel, Sykes Chapel, M-F 1-4 p.m.
Social Wellness

- Social Wellness contributes to positive socialization and relationship building as well as stress reduction and overall enjoyment.
  - 160+ clubs, organizations and teams
  - Over 3,000 campus events held annually
  - Student production events (50+ per year)
  - Spartans After Dark (7 per year)
Social Wellness

- Guest speakers
- Music, theatre and dance programs
- Art exhibitions
- Spartan athletics events
To provide settings for social interaction and a series/calendar of small scale events for new students to meet one another and while exploring campus and the downtown Tampa community.
Thursday, August 28th 6:30 p.m.
Eddy and Sam’s New York Style Pizza and Gelato

Saturday, August 30th 10:30 a.m.
Morning workout on the Riverwalk followed by smoothies at Tropical Smoothie Cafe

Saturday, August 30th 7:30 p.m.
Bowling and Billiards at Splitsville Channelside

Students just need to like the Campus Recreation Facebook Page to get notices of upcoming events so they can sign up.
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- Game nights
- Yoga in the park
- Sand volleyball
- Nature hike off campus
- Group bike ride to Fresh Market
- Lunch and NFL ticket at the Outpost
- Cornhole on McNiff lawn
- Attend UT sporting event together
Emotional Wellness

- Emotional Wellness focuses on education, prevention and screening for mental health problems and coping skills.
Emotional Wellness

Recognize Emotional Distress Signals

• We teach the students to notice if a roommate/friend is...
  – easily upset or angered
  – drinking excessive alcohol
  – abusing prescription drugs
  – withdrawing from activities
  – appears sad, depressed
  – sleeping all the time (or not at all)
  – obsessing over food
  – terribly homesick
Emotional Wellness

• If you see something…say something!
Campus Resources

• Student Staff
• Faculty/Advisors
• Student Health and Counseling Center
• Security 257-1777
• Academic Center for Excellence
• Student of Concern Program
Student of Concern:
http://www.ut.edu/studentofconcern/
Emotional Wellness

–On-line Screenings 24/7
  • www.ut.edu/wellness
  • www.ut.edu/healthcenter

–Screening Days
–Helpful e-mails and website

  ▪ studentassistance@ut.edu
  ▪ wellness@ut.edu
  ▪ www.ut.edu/wellness
Emotional Wellness

– Support groups

– Stress Management classes/groups

– LGBTQ Support Group
  • Thursdays at 1:00 pm-open group for students to get support for being LGBTQ

– AA and Al-Anon Meetings

– Yoga and Meditation
Meditation and Yoga Programs for Fall 2014

Zen Meditation - Every Saturday at 10:00 am - Chapel

Sunrise Yoga – Tuesdays at 8:30

Vinyasa Yoga – Mondays at noon,
   Wednesdays at 8:15 pm
   Thursdays at 8:15 pm

Yoga For Stress Release – Wednesdays at noon

Detoxifying Yoga – Sundays at 8:15 pm

All yoga is in McNiff Fitness Center
• Various mediation classes and labyrinth events will be scheduled throughout the semester. Watch for advertisements and check the website at www.ut.edu/spiritual
Special Events

• Wellness Symposium - Every November
• Pirate Fest Safety - Before Gasparilla
• Spring Health Fair
Spartan Safety
LUCKY SAYS: A LITTLE POT...

It's no big deal! You could lose your housing, be sent home or go to jail. Is it worth it? For safety tips, visit www.ut.edu/wellness/resources.
LUCKY SAYS:
STOP. LOOK. LISTEN.

BE AWARE OF YOUR SURROUNDINGS.
Your text message can wait. Take time to notice what’s going on around you. 6.5 million people nationwide have suffered injuries while texting and walking. For safety tips visit www.ut.edu/safety.
LUCKY SAYS:
PRACTICE HORIZONTAL SAFETY.

MEET LUCKY
YOUR SAFETY PAL

HOOKING UP? PROTECT YOURSELF.
When you "kiss" someone, you're kissing everyone they've ever kissed.
Three out of four men and women will contract an STD in their lifetime.
For more safety tips visit www.ut.edu/safety.
Lucky Says:
Friends Don’t Leave Friends.

If you arrive together, leave together.
Nobody likes to be ditched. So when you’re out, don’t leave your friends. Know how you’re getting home and don’t walk home alone late at night... bad things can happen. For more safety tips visit www.ut.edu/safety.

Campus Safety (813) 251-5133
LASER Team (813) 257-4515
Tampa Police 911
Remind Your Student About The Important Things To Remember When Out At Night:

• Don't travel alone.
• Call the LASER Team or Campus Safety for a safe escort.
• Avoid contact with strangers.
• Avoid dark or secluded places.
• Keep vehicle doors locked at all times.
• Trust your instincts. If you feel like there's something wrong, then there probably is.
This is a reloadable TRANSPORTATION ONLY card from Mastercard which can be used like a gift card for taxis, rental cars, mass transit systems, all major airlines and more nationwide - everywhere Debit MasterCard® is accepted.

www.homesafecard.com
THE UNIVERSITY OF TAMPA

HOME SAFE CARD
Is the Smart Choice

- It’s a safe way home for your student.
- It’s cash-free transportation.
- It’s the ideal way to prevent impaired driving.
- It works with all forms of transportation.
- It can be used for transportation nationwide everywhere Debit MasterCard is accepted.
- It’s simple, safe and convenient.
- It has no maintenance fees for the life of the card.
- It can be immediately tracked to a driver and cab if there are any safety concerns.
Tragic Effects of Drinking and Driving
Penalty for a DUI in Florida

• Florida is a NO TOLERANCE State
  
  – If a student is under 21 and gets pulled over with a .02 or greater, his/her license will be suspended for 6 months.

  – A refusal to take a breath test will result in a license suspension of 1 year
Victim Advocacy:

Campus advocates can provide a number of services for students who have been the victim of a violent crime. These include:

- providing information on reporting procedures to both on and off campus agencies;
- processing reactions to the crime and listening to feelings and concerns;
- addressing specific issues related to personal safety on and off campus;
- attending appointments and/or hearing meetings with the victim; and
- contacting others on behalf of the victim with their permission.
Spartan Mobile AleRT- SMART

- SMART is available for UT students, faculty and staff only.
- Encourage your student to sign up
- Log on to SpartanWeb, click on CAMPUS LIFE tab, then click the Spartan Mobile AleRT link and follow the instructions for adding or updating your cell phone number.
The #1 Student Health problem?

...and safety issue?
High-Risk Alcohol Use
Things Today are DIFFERENT

• When we went to college, the typical college was a “safe haven” for alcohol use/some modest drug use.

• Discipline regarding alcohol /minor drug issues was extremely rare.
Things Today are DIFFERENT

• The law no longer allows for this:
  – Congress has passed a law to make it possible for students to lose their financial aid if convicted of any drug related offense.
  – Getting caught with a fake ID used to be a hand slap…now it’s a felony
Things Today are DIFFERENT

• Students are abusing alcohol more than ever before.

Recent surveys have shown that 52% of today’s college students that drink do so solely to get intoxicated.
Things Today are DIFFERENT

• There are dangerous rituals and traditions that risk lives such as:
  – Power hour/The Century Club
  – Flip cup
  – 21 for 21
  – Drinking games, such as beer pong
Things Today are DIFFERENT

• College students are BIG BUSINESS.

– The alcohol beverage industry makes approximately $21.5 BILLION selling to underage drinkers.
Things Today are DIFFERENT

- College students are BIG BUSINESS.
  - Area bars heavily market to our students with specials like:
    - Women drink free!
    - All you can drink for $10.00
    - Bladder Busters
    - Kill the Keg
Factors Encouraging Young People to Drink

• Access and Availability
  – Aggressive marketing of alcohol to minors
  – Social norms & advertising glamorize the alcohol culture
  – Alcohol industry pushes their product integrated into all areas of campus life: sports, holidays, use of free time, official events, entertainment
THE UNIVERSITY OF TAMPA

Fan Cans!

Show your colors!

Vote for your favorite colors!

Put your hand around a

Are we having yet?

There's plenty of time to sleep when you're dead

Keep the light on
Factors Encouraging Young People to Drink

• Access and Availability

– In Florida, 18-20 year olds are permitted in bars
– High alcohol density surrounding campus
– Drink Specials…Very low prices or free
400,000 Gasparilla Revelers
Other High-Risk Times
-Guavaween
-Spring Break
-St. Patrick’s Day
Discuss the Risks of Large House Parties with your son or daughter!
Working Hard for Change

- We are working with City Council and Tampa Alcohol Coalition to reduce house parties.
- Extensive work is being done to reduce drinking and driving.
  - BAT Mobile
  - Florida had the largest decrease in DUI fatalities in the Nation last year (13%)
Working Hard for Change

• Coalitions

Hillsborough County Anti-Drug Alliance

CEDARS
Coalition for Enhanced Drug and Alcohol Resources and Study
It's time for you to begin The Essentials course at MyStudentBody.com, UT's online student health program. This course offers you and your family a resource of practical strategies for keeping UT students safe, healthy and happy. The Essentials course is a research-based prevention program that addresses alcohol, other drugs and sexual violence.

It's easy to get started:
- Go to MyStudentBody.com
- Log in as a new user
- Use the student code tampaspartan to set up your account

Remember: you must complete this course prior to attending Orientation in the fall. This course is a requirement of the Dean of Student's Office. For more information visit www.ut.edu/mystudentbody.

www.mystudentbody.com
Create your own account
use school code: spartanparent
Talk to your son or daughter about alcohol!

– Refrain from GLAMORIZING alcohol use, including your own stories from college days.

– Help them understand that alcohol is a toxic, addictive substance that can fatally poison when used in excess.
What Parents Can Do to Decrease High-Risk Drinking

– Articulate that abstinence from alcohol is an acceptable, healthy and safe decision.

– Encourage your son/daughter to get involved with campus activities.

Talk to your son or daughter about alcohol!
What Parents Can Do to Decrease High-Risk Drinking

– Help your son/daughter to understand that any alcohol use brings with it some level of risk.

– Be clear about your expectations!

– Keep up the communication. Ask questions.

– Utilize the Student of Concern Program.

Talk to your son or daughter about alcohol!
Amnesty Policy

• It is in the best interest of students' welfare that persons who overdose or become intoxicated be brought to the attention of medical personnel.

• Any student identified or seeking medical attention for intoxication or alcohol poisoning shall NOT be formally charged for use or underage possession of alcohol.
Resources for Parents

• College Parents of America
  www.collegeparents.org
• National Institute on Alcohol Abuse and Alcoholism
  http://www.niaaa.nih.gov/
• The Higher Education Center for Alcohol and Other Drug Prevention
  www.edc.org/hec
Resources for Parents

• A Call to Action: Changing the Culture of Drinking at US Colleges
  www.collegedrinkingprevention.gov

• Facts on Tap
  www.factsontap.org