Partnering for Student Success

- Office of the Dean of Students
- Student Health & Wellness
- RVAP (Rape Victim Advocacy Program)
### Source of Health Information

1. Internet
2. Family
3. Medical Staff
4. Friends
Partnering for Student Success

a parent handbook for
Talking with
College Students
About Alcohol

Rob Turrel, Ph.D.
Prevention Research Center
The Pennsylvania State University

The University of Iowa
Division of Student Life
Promoting Health - Reducing Risk

- Alcohol consumption continues to drop through **strategic efforts**
  - Multiple initiatives and partnerships on and off campus
    - Alcohol Harm Reduction Plan
  - Families are an integral part of these efforts
  - Even off campus, you have a role and impact in your student’s life and the university community
Promoting Health - Reducing Risk

Students who reported not drinking in the last 30 days (NCHA 2015)

Alcohol is not an assumed part of “the college experience”

Cultural messages skew perceptions and expectations
Benefits of postponing alcohol consumption (until 21 or beyond)

- Brain is still developing
  (Hiller-Sturmhofel & Swartzwelder, 2005)

- Memory and attention
  (DeBellis et al., 2000)

- Impact of legal issues on future prospects

- Student engagement and interactions with faculty
  (Porter & Pryor, 2007)

- Health: sleep, nutrition, mental health
Promoting Health - Reducing Risk

• First six weeks = crucial!
• Responsible Decision Making vs. Drinker/Non-Drinker
TRUE or FALSE?

Eating bread or other foods after drinking can help sober a person up.
Redefining “know your limits”
• Quantity: Tracking drinks
• Myths
• Mixing medications
PROMOTING HEALTH - REDUCING RISK

• Marijuana and other drugs

• Effects on the brain: Attention, concentration, and memory

• Correlation between depression/anxiety and frequent marijuana use

• Prescription drug abuse and GPA

Study of students using non-prescription stimulants showed that GPAs dropped rather than increased.

Promoting Health - Reducing Risk

Talking to your student: HOW TO

1. Identify opportunities
2. Address it
3. Avoid scare tactics
4. Conversation, not lecture
5. Consult the handbook for more tips
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Light of my life

What’s going on this weekend?

You can do it! First semester can be a tough transition. Proud of you!
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Go Hawks! Sounds like fun.
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Humor me. You’re my child and I love you. What are your plans to be safe?
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I’m not drinking.
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I’m not drinking.

So much going on over there. Looks like there are plenty of other things to do.
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I know my limits.
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I know my limits.

I know I’m not in college, but I do know not drinking more than one per hour
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I know I’m not in college, but I do know not drinking more than one per hour will help you sleep better.
Student Health & Wellness

- General medicine
- Women’s health
- Psychiatry
- On site laboratory
- Immunizations
- Allergy clinic
- Travel clinic
- Nurseline
- Weight management
- Clinical outreach—campus health programs, activities and vaccinations

- Fitness
- Nutrition
- Tobacco Use
- Stress Management
- Sexual Health
- Alcohol & Drugs
- Sleep
Families as Facilitators

SON, IT'S TIME WE HAD A TALK REGARDING SEX

SURE DAD, ASK ME ANYTHING!
ANY sexual activity without consent

Sexual misconduct falls on a continuum and can include many behaviors (harassment, stalking, dating violence, rape, attempted rape, other sexual assault)
CONSENT
Sexual assault is NOT a consequence of drinking alcohol.
Bystander Intervention

stand.
speak.
act.
Takeaway for Success

Your turn:

-One conversation starter about consent or bystander intervention
Takeaway for Success

1 in 16 males
1 in 4 females
1 in 4 transgender people

Are sexually assaulted during college
RVAP: How to Support

- Offer to go to RVAP with them
- Make a safety plan
- Maintain confidentiality
- Assure them that you care
- Allow them to make decisions
- Let them know you DON'T blame them
- Listen

Assure them that you care.
RVAP Services

For victims/survivors of sexual assault and their friends & families

24 hour Crisis Lines: 319-335-6000 or 800-284-7821

In-person Advocacy:
- Hospital
- Court
- Law Enforcement
- University

Individual and group counseling with Certified Sexual Assault Counselors

Educational Programming
Office of the Dean of Students

- Student Conduct
- Student Care & Assistance
Hey hon-are you still planning to study abroad next year???

yeah...?

If you were caught by 🎩 for 🍾 🍸 🍷 🍚 could you still go?

not sure

Something to think about before you go out this weekend. ❤️ you!!!😢
Contact Us

The Office of the Dean of Students
319-335-1162 ● dos.uiowa.edu

Student Health & Wellness
319-335-8370 ● studenthealth.uiowa.edu

RVAP
319-335-6001 ● rvap.uiowa.edu

Access this presentation at:
http://newstudents.uiowa.edu/orientation