

# Words of Wellness

September 2018

Your voice is important when it comes to talking with your college student about alcohol and other drugs. Research has shown that parents and guardians can influence the way students make decisions about alcohol and other drugs through conversations about safety and expectations. For more information about why you should talk to your young adult about alcohol, check out: [Sound of Your Voice](#) - a short animated video that highlights the importance of parents/guardians talking to their students about the use of alcohol. [Talking with your College-Bound Young Adult about Alcohol](#) is a companion guide for parents that offers tips on when and how to have the conversation about alcohol.

One of the best ways to talk to your student about alcohol use is by distinguishing between low-risk and high-risk drinking. Low-risk drinking is defined as a decreased chance of harm, danger, or health and impairment problems. However, low-risk drinking is NOT no-risk drinking. High risk drinking is defined as increased chance for health and impairment problems. Below are examples of high-risk and low-risk drinking:

To stay within the low risk drinking guidelines, use the 0-1-2-3 rule.

0 - 0 drinks if you are under 21, have a history of alcohol-related problems, are pregnant or may become pregnant, or are taking medication that could react with alcohol.

1 - 1 standard drink per hour.

2 - Up to 2 standard drinks per day.

3 - No more than 3 standard drinks on any one day.

## Low-Risk Drinking

- 1) Choosing not to drink
- 2) Setting goals for how much you will consume
- 3) Avoiding drinking games
- 4) Eating a meal before and while drinking
- 5) Drinking no more than one standard drink per hour
- 6) Alternating alcoholic drinks with alcohol-free drinks throughout the night
- 7) Knowing how you will get home before you go out
- 8) Keeping track of how many drinks you've had
- 9) Always knowing what is in your cup
- 10) Staying with the same group of friends all night

## High-Risk Drinking

- 1) Chugging, drinking games, shots, or drinking anything out of a punch bowl, hose, or funnel
- 2) Drinking to get drunk
- 3) Driving after drinking or riding with someone who has been drinking
- 4) Drinking too fast
- 5) Going to parties where people drink too much
- 6) Not knowing what is in your cup or leaving your cup unattended

Another topic to consider discussing is the legalization of medical marijuana/cannabis. Even though Ohio is legalizing medical marijuana this year, the policy on UC's campus remains the same: marijuana/cannabis is not legal on campus. Even if someone has a medical marijuana card, the substance is prohibited on campus, including in residence halls. If a person is found with the substance on campus, they are violating the Student Code of Conduct. Visit UC's [Office of Student Conduct and Community Standards](#) for more information about the conduct process.

Let us know what topics you would be interested in seeing in the Words of Wellness by completing this short survey - [Words of Wellness Topic Survey](#).

The Student Wellness Center offers free items, resources, and programs to students throughout the semester! To see what events are planned, visit the [Student Wellness Center Calendar](#).

Student Wellness Center | 675 Steger Student Life Center | 513.556.6124 | @UC\_Wellness | uc.edu/wellness