July 2015

Santa Clara University Parent,

Welcome to SCU! I know it is with great pride that you anticipate your student's arrival at Santa Clara University. This arrival will mark another transition in what it means to be a parent. So much about the college experience is new for students and their parents. College-bound students have the opportunity to learn to manage new freedoms and the responsibilities those freedoms entail. Parents of college-bound students learn what it means to be a parent for these young adults. Typically, the freedom of college life confronts students with decisions about alcohol use and how to navigate relationships.

We at Santa Clara University take every part of our students' experience very seriously, and we have implemented a comprehensive education program to help our students make safe decisions related to alcohol use and relationships, including preventing sexual assault. Many students at Santa Clara University choose to not drink alcohol or use drugs. Other students consume alcohol responsibly, while there are also students who make poor decisions and misuse alcohol and drugs to varying degrees. Sexual assault is another issue that greatly affects the entire campus community. Studies have shown that nationally, one in five female college students will experience some form of nonconsensual sexual activity by graduation, and that 75 percent of reported sexual assaults on college campuses across the country involve alcohol.

One way in which we address these issues is through a mandatory course required for all first year and transfer students offered by CampusClarity called Think About It. It is an innovative, engaging, and informative online course created with students for students. In the course, students will examine the interconnected issues of hooking up, substance abuse, sexual violence, and the importance of bystander intervention in a college setting. Students will also learn about healthy relationships, the importance of consent and being a good communicator, how to report incidents of sexual violence on- and off-campus, and the many ways they can help create a safe and respectful campus. This course is just one of many ways the University works with students throughout the year to raise their awareness and prevent alcohol and drug abuse and sexual violence on campus.

We believe that parents play a significant role in influencing student behavior. We encourage you to open a dialogue about alcohol and relationships with your son or daughter, and to continue that dialogue throughout his or her time at Santa Clara University.

I hope that you will take advantage of the opportunity to use this resource as a means to have a dialogue with your son or daughter about these topics.

Matthew Duncan
Associate Dean for Student Life

Belinda Guthrie
EEO and Title IX Coordinator
Resources for Parents of College Students

Internet
The Partnership at DrugFree.org  www.drugfree.org
Wellness Center – Santa Clara University  www.scu.edu/wellness
What Parents Need to Know About College Drinking  www.collegedrinkingprevention.gov
National Sexual Violence Resource Center  www.nsvrc.org
Love is Respect.Org  www.loveisrespect.org

Books
From Binge to Blackout: A Mother and Son Struggle With Teen Drinking
by Chris Volkmann and Toren Volkmann (2006)

Smashed – Story of a Drunken Childhood
by Bethany A. Teachman (2004)

Recovering My Kid: Parenting Young Adults in Treatment and Beyond
by Joseph Lee (2012)

Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy
by Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson (2008)