



MCFARLAND RADAR COALITION

AODA PREVENTION

NEWSLETTER

SEPTEMBER 2021

Culture of College Drinking

A Brief History of American College Drinking

Scholars have found that the early forms of college drinking within the lifestyle known as “the collegiate subculture”. This “subculture” began in the 1700s when the sons of the rich came to college for four years of pleasure and social contacts. These sons viewed academic work as a burden to their fun and were content if they passed their courses with what they called a “gentlemen’s C.” In the 1860s, women join into this “subculture” when the first female college was introduced. Heavy drinking did decline during the Prohibition Era (1917-1934) but then rose back up after Prohibition was lifted. It wasn’t until the 1960s that society began to really look into the college drinking culture. Most communities looked at Greek organizations as being the main component for college drinking. However, several campuses looked at the dormitories and off campus living as being the main areas where heavy drinking took place.

So why didn’t the campuses do anything?

Back before the 1980s, college administrators had a very *in loco parentis* approach to college drinking. Since students were away from their parents, administrators would take on the role of parenting to ensure that students were being kept safe. But, after the 1980s, several administrators began to take a “hands off” approach to this issue. They began to view it as part of the “college experience”. Worried parents and powerful activist groups like Mothers Against Drunk Driving, began to protest the primacy of drinking on campus. Because of their work, lawmakers in 1984 passed legislation that changed the drinking age from 18 to 21. While the laws— were in part meant to reduce college drinking— did not stop it all together.

Today, college drinking discussion reemerge when the Princeton Review’s annual “party school” list is published. Since 1992, the Princeton Review (a test preparation company), surveys over 100,000 students at over 300 institution in an effort to see where college parties the hardest. In 2021, the number one party school, according to the Princeton Review was: The University of Alabama-Tuscaloosa. UW-Madison is on this list as being number 14. This annual party-school list is yet another example of the close relationship between drinking and college life in the US.



Why do college students drink?

- Friendship:
 - When a student is starting their first year of college, several may go to a school with no friends from high school.
 - Some may attend parties where alcohol is being served and since alcohol's main characteristic is that it is a relaxant it could lead to false confidence that encourages people to open up socially.
- Social Belonging:
 - Peer pressure can lead some students to accept the offer to drink alcohol in order to be a part of a group
- Boredom:
 - Boredom can lead to students joining in with other bored students who convince them that drinking is a great form of entertainment
- Stress Relief:
 - Every 3 out of 4 students report they feel stressed so much that they have thought about suicide.
 - Stressors such as maintaining good grades, balancing work and school, peer pressure, workloads given by teachers, scholarship and grant requirements, and even self-pressure are some of the reasons students choose to drink alcohol.
- Fear of Missing Out:
 - They want to create their own "war stories" from college they can laugh about with other people.
 - They think this is part of the college culture and they want to experience everything they can from this culture.
 - Fraternities, sororities, and other clubs plan events that specifically involve alcohol. It is in the club's history.

4 OUT OF 5

COLLEGE STUDENTS REPORT THAT THEY DRINK ALCOHOL AT LEAST OCCASIONALLY



Consequences of Harmful and Underage College Drinking:

- Death:
 - National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes
- Assault:
 - The most recent NIAAA statistics estimate that about 696,000 students ages 18 to 24 are assaulted by another student who has been drinking
- Sexual Assault:
 - NIAAA estimate that about 97,000 students ages 18 to 24 report experiencing alcohol-related sexual assault or date rape
- Academic Problems:
 - About one in four college students report experiencing academic difficulties from drinking, such as missing class or getting behind in schoolwork.
 - In a national survey, college students who binge drank alcohol at least three times per week were roughly six times more likely to perform poorly on a test or project as a result of drinking (40% vs 7%) than students who drank but never binged.
 - Students who binge drank were also five times more likely to have missed a class.

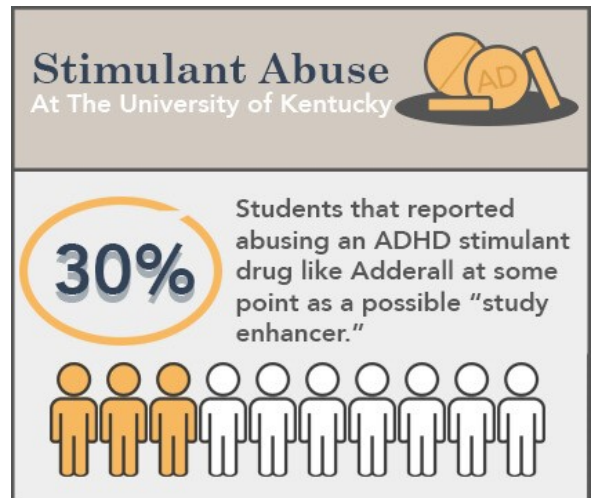


Adderall

Adderall contains a combination of amphetamine and dextroamphetamine which are central nervous stimulants that affect chemicals in the brain and nerves that contribute to hyperactivity and impulse control.

It typically treats attention deficit hyperactivity disorder and narcolepsy

Outside of its intended medical use, college students and young professionals refer to it as a “study drug”. Adderall got this nickname because students will use it to increase their focus and level productivity. It has been found that one in every five students use a “study drug” like Adderall to keep focused and study for exams.



Short Term Effects of Adderall

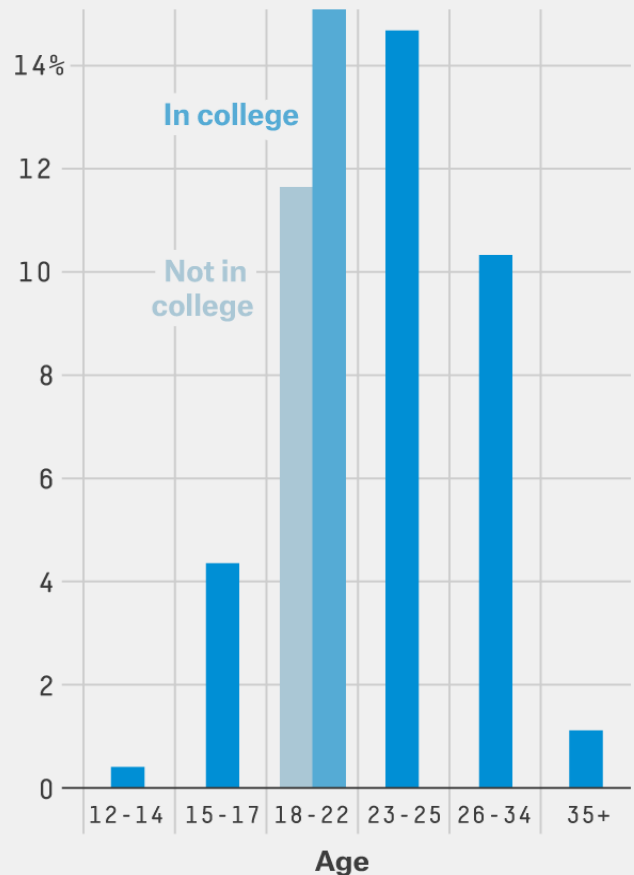
- Appetite loss
- Digestive problems, including nausea and constipation
- Restlessness
- Heart palpitations or rapid heartbeat
- Dry mouth
- Mood changes, including anxiety, agitation, and irritability
- Head pain
- Sleep issues

Long Term Effects of Adderall

- Heart damage, increasing the risk of cardiovascular events like heart attack or stroke
- Skin disorders from picking at the skin during hallucinations
- Trouble breathing
- Malnutrition
- Mood Disorders
- Ulcers
- Seizures or convulsions
- Addiction
- Toxic Psychosis

Young Adults Use Adderall The Most

Percentage reporting to have ever taken Adderall non-medically, by age group



Vaping Devices Hidden in Plain Sight

There's a wide range of companies that are selling vaping products to look like everyday items. This allows for teens to use their vape pens at school and/or around their parents without any of them knowing. The Food and Drug Administration (FDA) have certainly noticed and in 2020 sent out 10 warning letters to companies who manufacture or import "unauthorized electronic nicotine delivery systems."

Common Stealth Vaping Devices



Hoodies: All a teen has to do is insert a vape pen in the end of one of the hoodie's specially designed tubed drawstrings. Then the pen is slid into a discreet chest pocket and users inhale through a mouthpiece on the other end of the drawstrings.



Writing Pens: All the user has to do is unscrew the top of the pen, insert a cartridge and then vape through the top of the pen. These devices can have dual use of an actual writing pen and a vape.



*Water Bladder NOT Included

Backpacks: Vaping Backpacks generally contain a pouch to hold the vaping device with concealed tubing and a mouthpiece in the shoulder strap allowing it to be pulled out for use as desired and then tucked away.



USB Drives: Devices like Juul brand of e-cigarettes already resembles a USB drive and for a while were quite popular for teens to hide their vaping. All they had to do is toss it in their backpack and unsuspecting parents are none the wiser that the device isn't a USB drive with data needed for homework.

What can parents do?

- Educate yourself: Understand the impacts of vaping and get familiar with the devices that your child could use.
- Reason with your child: Have an honest discussion about the effects of vaping and have them recognize the dangers.
- Be present: Pay attention to your child's behaviors. Know their schedule, their likes and dislikes, and their friends. The more present you are, the more likely you will be able to notice your child's e-cig use.
- Talk, don't punish: If you do find that your child is vaping, support them. Have an open conversation about why you don't want them vaping and be a resource. Bring in peer support if you can.
- Prepare for peer pressure: Talk to your kids about ways they can say no.
- Set clear expectations: While the teen years can be particularly tricky to navigate, it's essential to set rules when it comes to vaping and smoking.

What can schools do?

- Educate yourself: Understand the impacts of vaping and get familiar with the devices that your child could use.
- Be Direct: Say, "I don't want to use e-cigarettes" and tell them your reasons.
- Provide ongoing education to students: Start vaping education as soon as possible to show the effects vaping can have. Early education could help stop students from vaping later on.
- Go beyond citation and suspension and help students quit: Many schools outline what they would do if a student is caught with a device but instead schools should provide resources to students and parents for how to help them quit.
- Engage peers, staff, and family: Peer to peer education, informing parents/guardians and staff on the warning signs of vaping and how to intervene.
- Some schools have banned USB drives from the classroom, installed vape detectors in bathrooms and classrooms and have limited bathroom access.

Chemical Particles from E-Juice

There is a common misconception that vaping produces harmless water vapor but this is not the case. Vaping actually produces aerosol that have various different of chemical particles including:

- Benzene which is also found in explosives, gasoline and pesticides
- Formaldehyde which is also found in embalming fluid, nail polish and foam insulation
- Acetone which is also found in nail polish remover and degreaser
- Propylene Glycol which is also found in antifreeze and artificial smoke/fog
- Diacetyl which has been known to cause irreversible-scarring and narrowing of the airways of the lungs

Side Effects of Vaping:

- Cough
- Headaches
- Chest Pain
- Lung Damage
- Nausea
- Shortness of Breath
- Vomiting
- Fatigue
- Weight Loss

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| Abundant | Clouds | Football | Pencil | Vacation |
| Acorn | Colorful | Foraging | Raincoat | Vivid |
| Amber | Community | Golden | Recess | Weekend |
| Apple | Cookout | Grades | Ripe | Wool |
| Aroma | Cool | Homework | School | Workers |
| Art | Corn maze | Job | Season | Yellow |
| Bountiful | Cranberry | Labor Day | September | |
| Branches | Crunching | Lunch | Soup | |
| Bus | Denim | Music | Sports | |
| Chestnuts | Enchanting | Ninth | Strike | |
| Cinnamon | Flannel | Paper | Teachers | |

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McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings



For time, day and place of meetings, please contact Cathy Kalina at cakcenters@hotmail.com

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

The McFarland RADAR Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.