



PARENTS AND FAMILIES

A Campus Response to High-Risk Behaviors

Peter Rives, MSW, LCASA, LCSWA – Associate Director of Wellbeing, Office of Wellbeing

Tim Wilkinson, Ed.D.– Senior Associate Dean of Students, Office of the Dean of Students



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Session Goals

- Understand Wake Forest University's comprehensive approach to reduce high-risk alcohol use, sexual misconduct perpetration, and hazing.
- Prepare parents and families to lead conversations about high-risk substance abuse, disordered eating, sexual misconduct, and hazing with their students.
- Identify campus resources for high-risk alcohol use, hazing, and for survivors of sexual misconduct.



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Peter E. Rives ('98), MSW, LCSWA, LCASA
Associate Director of Wellbeing

Office of Wellbeing



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Timothy S. Wilkinson, Ed.D.
Senior Associate Dean of Students

Office of the Dean of Students



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[GO.WFU.EDU/FAMILIES](https://go.wfu.edu/families)

WAKE FOREST UNIVERSITY MENU SEARCH

Alcohol and Other Drugs

[Students](#) [Parents and Families](#) [Resources](#)



Greetings Wake Forest University Parents and Families

College is an exciting milestone for both you and your student. It is a time of new experiences, a time of transition, and a time to stay connected. If you have already spoken with your Wake Forest student about alcohol great; however, it is a good idea to revisit the conversation. You may need to adjust your communication style as your student develops greater independence. If you have not spoken with your college student about drinking it's never too late to have the conversation. While we are committed to making a difference with



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Alcohol and drug misuse intervention

- Interactive online technology solutions
- University Counseling Center
- Student EMT service (WFEMS)
- Robust, Integrated Student Health Service
- Established relationships with community treatment providers
- Close collaboration with local hospitals
- Close coordination between campus departments
- Recovery supports on campus and in community including a Collegiate Recovery Community
- Brief Alcohol Screening and Intervention for College Students (BASICS)



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BASICS – a closer look

Brief Alcohol Screening and Intervention for College Students

Positive Student Experience:

Students report feeling **understood, comfortable, cared for, and listened to** (avg. rating >6.75/7.0)

“I left that session feeling better about myself than I had in months.”

Meaningful Behavior Changes:



Statistically significant **reductions** in alcohol use.



Statistically significant **increases** in continued use of harm reduction strategies.



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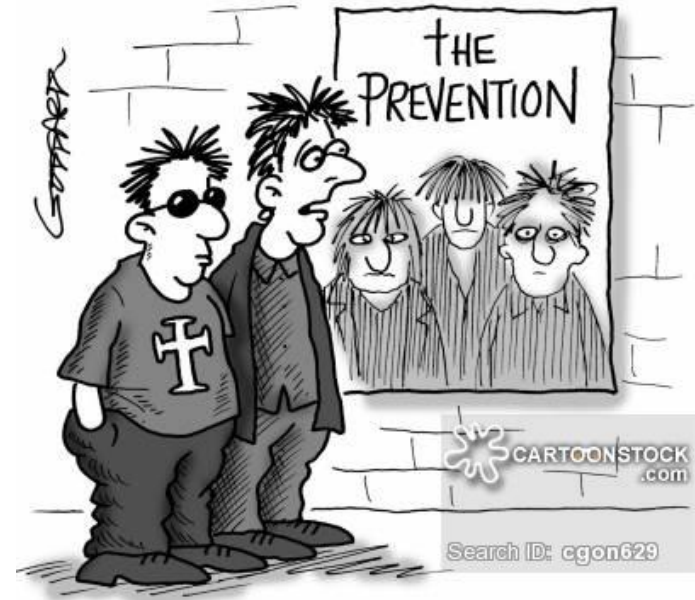


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What is prevention?

- **Methods or activities that seek to reduce or deter specific or predictable problems, protect the current state of well-being, or promote desired outcomes or behaviors.**

-US DHHS



"Apparently they're better than The Cure."



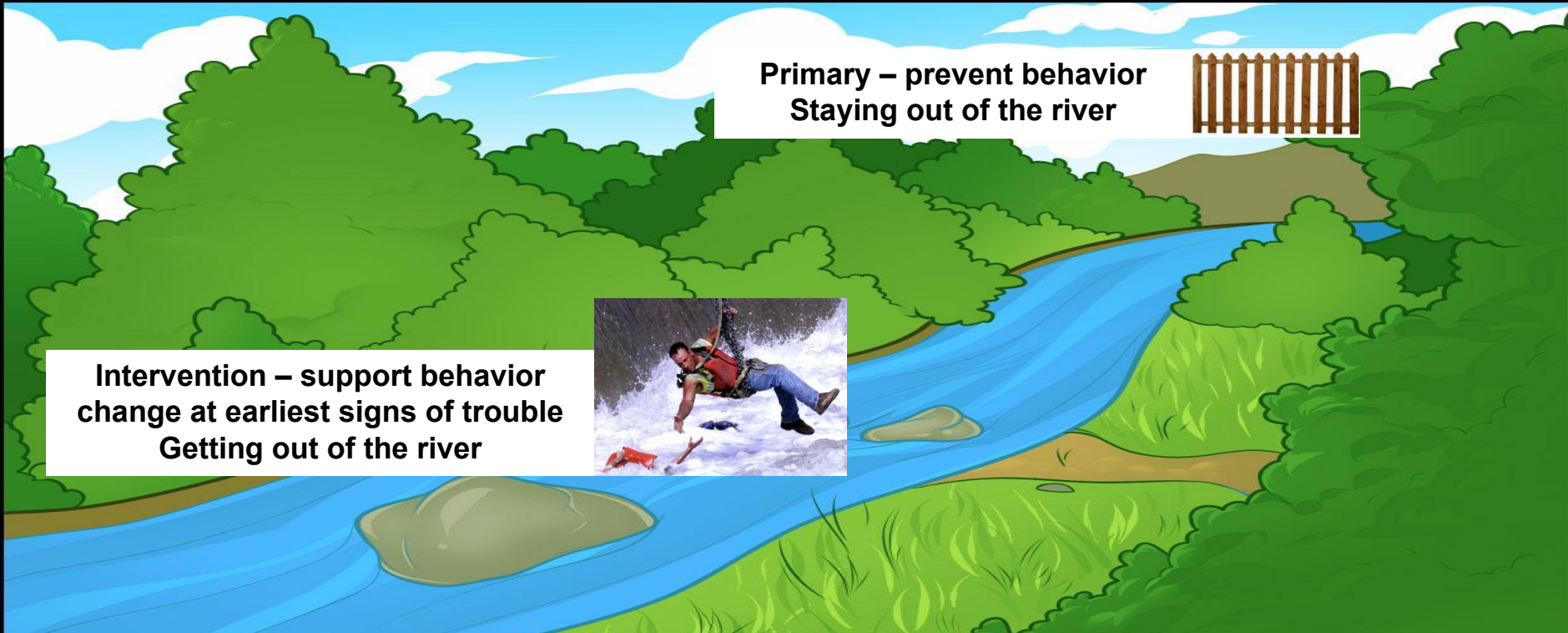
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Levels of Prevention

Primary – prevent behavior
Staying out of the river



Intervention – support behavior
change at earliest signs of trouble
Getting out of the river





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WINNER

Excellence in
Alcohol Prevention



WAKE FOREST
UNIVERSITY

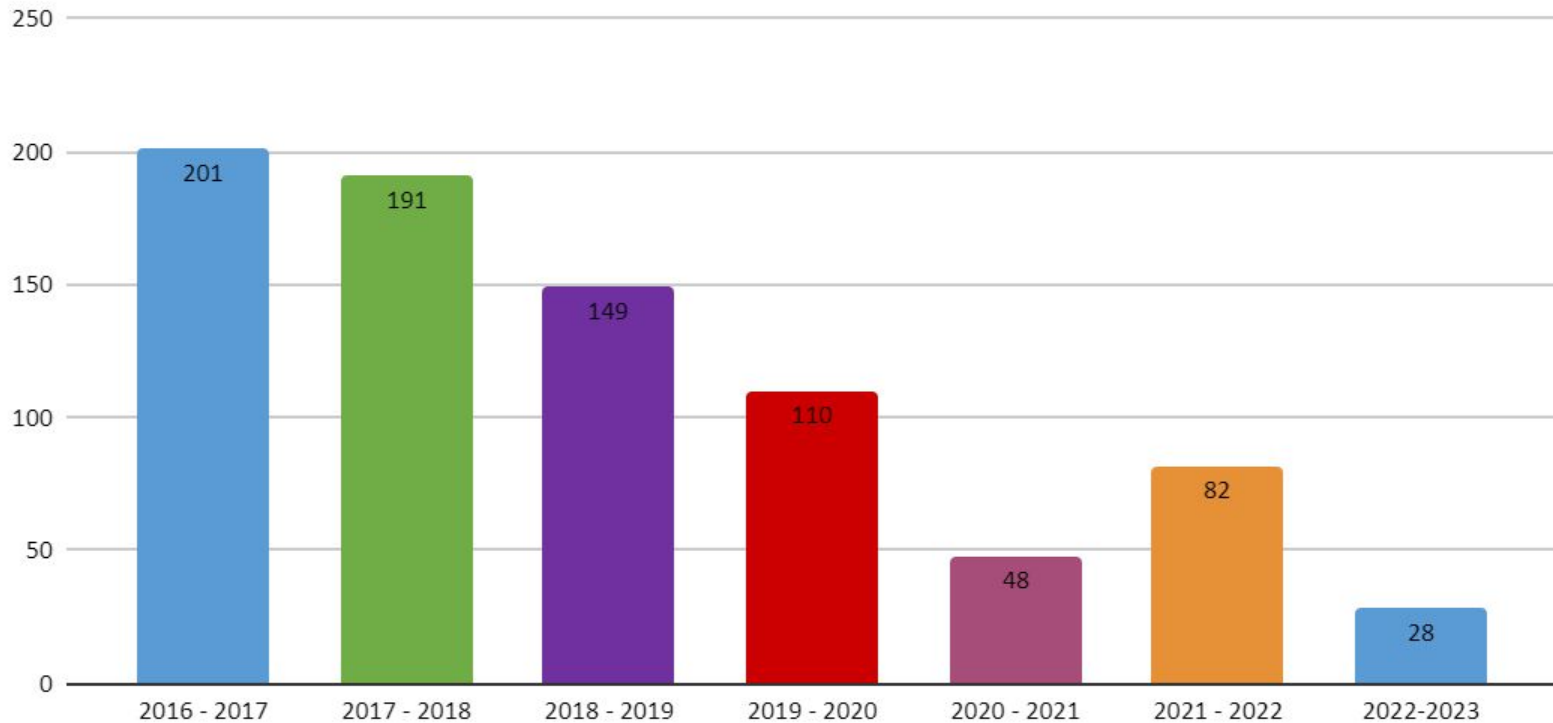


2020 AFA/CoHEASAP Award for Outstanding
Alcohol/Drug Prevention Programming



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Students Medically Treated for Intoxication by Year

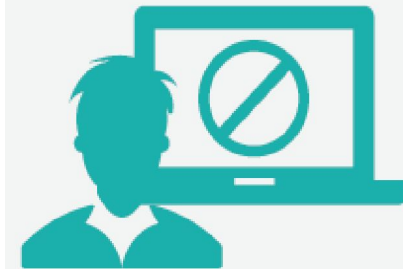




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Going upstream: AlcoholEdu

AlcoholEdu FOR COLLEGE



students who failed to take the course were **4.64 times more likely** than those who completed it to experience an alcohol-related event requiring medical attention.



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Going upstream: Social Norms



Measured improvements in behaviors and stated intentions

Redefines students' expectations around normative behaviors of their peers using actual student data in an engaging poster campaign.



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CRCE

**COLLEGIATE RECOVERY COMMUNITY
WAKE FOREST UNIVERSITY**

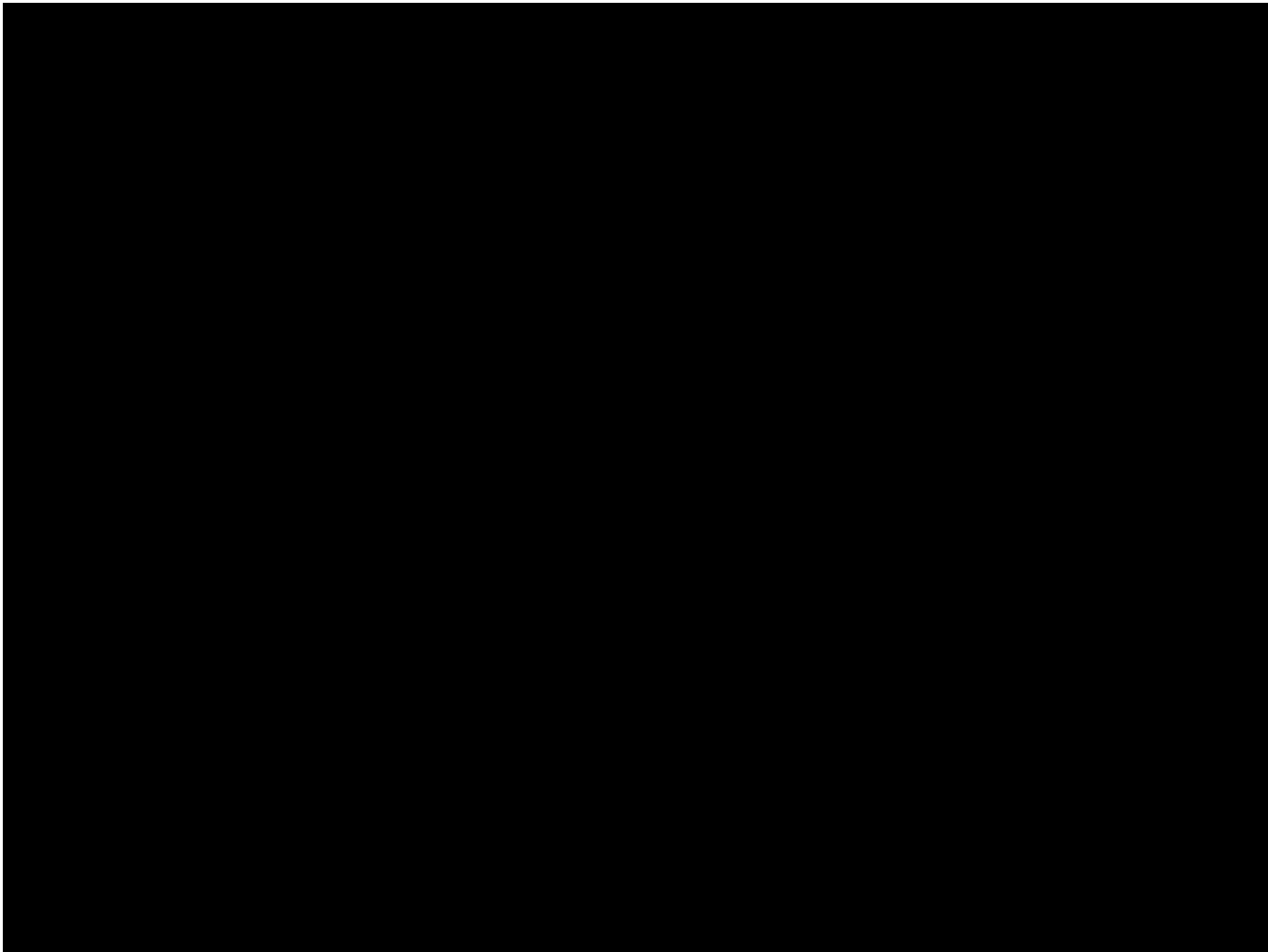
A supportive community for students who identify as being in recovery from any form of addiction.

- Peer support
- Wellness and recovery planning
- Weekly meetings
- Recovery celebrations
- Sober activities
- Sober tailgates
- Lounge space

recovery@wfu.edu



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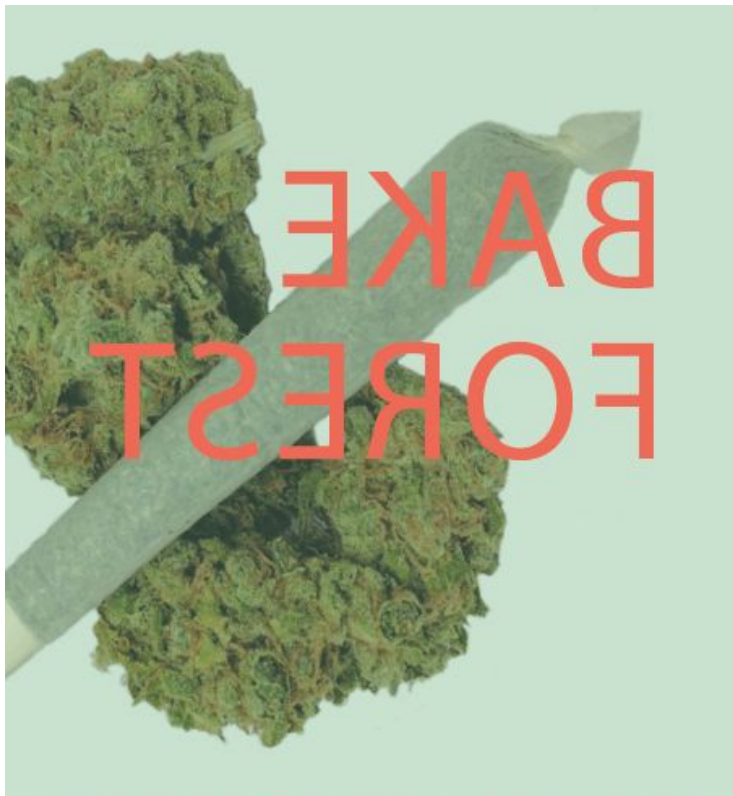
You still matter...a lot

- **Talk to your kids (especially Th, F, Sa)** Small, M. L., Morgan, N., Abar, C., & Maggs, J. L. (2011). Protective effects of parent-college student communication during the first semester of college. *Journal of American college health : J of ACH*, 59(6), 547–554. <https://doi.org/10.1080/07448481.2010.528099>
- **Your stance matters.** Parent/caregiver expressions of disapproval of high-risk drinking, higher levels of parental monitoring of behavior, and higher levels of perceived parental accessibility were associated with fewer reports of high-risk drinking tendencies among these teens during the fall semester, and fewer reported consequences during the students' first-year spring semester. Turrisi, R., & Ray, A. E. (2010). Sustained parenting and college drinking in first-year students. *Developmental psychobiology*, 52(3), 286–294. <https://doi.org/10.1002/dev.20434>



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A word about cannabis:



- Brains under construction
- A matter of potency
- Neither beneficial nor safe
- Policy matters
- Prohibited by law and policy
- What families say matters



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Going upstream: Bystander Intervention

91% of students believe they should intervene when they witness sexual assault.

Be in the percent that *does*.

Direct. Delegate. Distract. Delay.

It's what Deacs do.



NCSHS 2021 Data The office of Wellbeing

Purpose: To empower students to develop a culture of care, recognize the potential for harm to occur, and safely intervene.

Mandatory for all first-year students in the first semester. Bystander intervention is expanded upon throughout their college career.

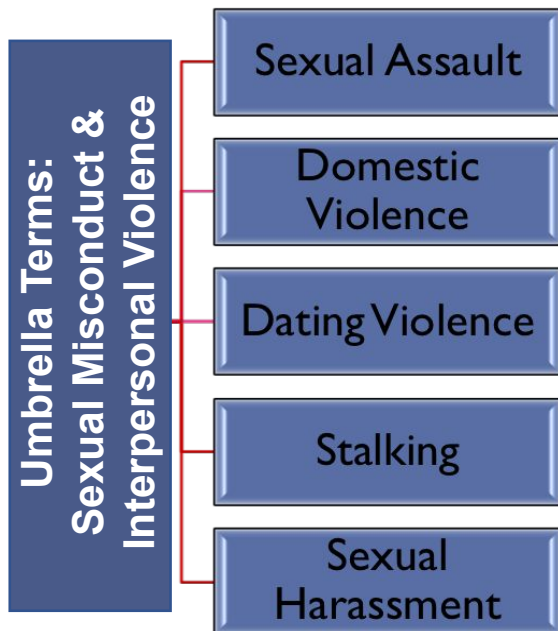
Alcohol | Mental Health | Interpersonal Violence



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Moving Upstream: Interpersonal Violence (IPV) Prevention

- What is interpersonal violence?



Tiered approach:

- **Prevention:**

Office of Wellbeing

- **Intervention:**

Safe Office

- **Investigation & Compliance:**

Title IX



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Moving Upstream: Interpersonal Violence (IPV) Prevention

- Last year Wake Forest funded and hired an Interpersonal Violence Prevention Coordinator in the Office of Wellbeing!
- This will propel efforts forward regarding bystander intervention, a campus-wide prevention plan, and assist in the development of IPV peer education.
- All first-year students receive: Online IPV Prevention Training, Get Well Oriented, Wake World: Digging Deeper, and Bystander Intervention



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Social Norms and Events

Relationship Violence Awareness Month (We highlight ways to engage in healthy relationships as well as education on how to recognize unhealthy ones!)

Recognizing the Flags Campaign

Bystander Intervention (Be In The Percent That Does)

Denim Day

Survivor Love Letters

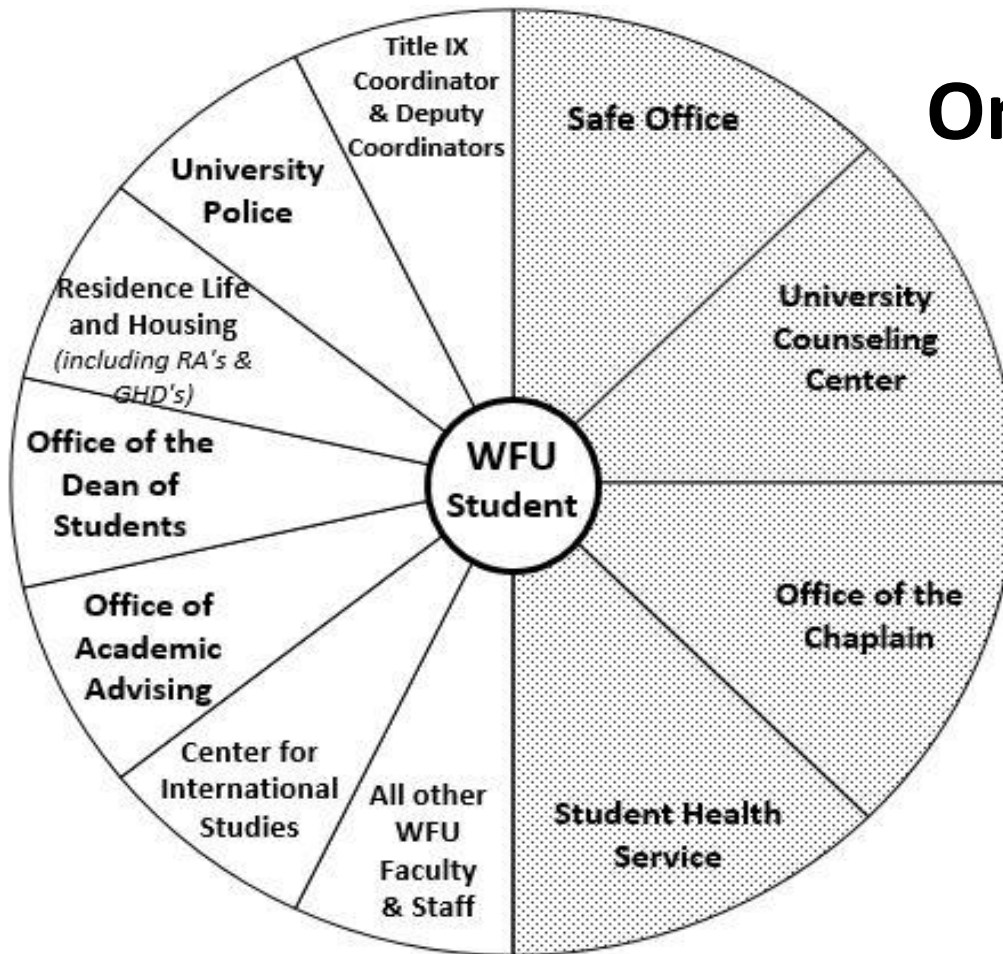
ConsentCon (Campus Wide Conference on Consent!)

Sexual Assault Awareness Month (We raise the importance of survivor support, programming in partnership with offices across campus around consent, boundaries, and more!)





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On Campus Resources

Why do confidential resources matter?

- Fear of judgment or retaliation may deter students from seeking support,
- Students regain a sense of control over their story and their experience.



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The Safe Office *Confidential Resource*

- 24/7 Help Line (during academic year)
- Counseling & Advocacy & Case Management
- Crisis Response
- Safety Planning
- Crisis management that is confidential
- CONFIDENTIAL- does not trigger a report to Title IX, giving time for student to decide for themselves how they want to proceed
- Trauma-informed guidance on how to navigate safety options
- Have advocacy and therapeutic support

THE SAFE OFFICE PROVIDES CONFIDENTIAL SUPPORT TO SURVIVORS OF SEXUAL HARASSMENT, ASSAULT, RELATIONSHIP ABUSE AND STALKING. WE FOSTER INDIVIDUAL AND CAMPUS WIDE ACTION TO EMPOWER SURVIVORS AND TO END INTERPERSONAL VIOLENCE.

a safer WFU starts with you

To talk to a counselor* call our 24/7 Help Line: 336.758.5285

336-758-5285
safe@wf.edu



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Title IX

- Handling investigations of sex discrimination and sexual misconduct reports
- Coordinating effective responses to reports of sex discrimination and sexual misconduct
- Facilitating the implementation of interim measures and other accommodations
- Identifying and addressing patterns of complaints involving possible sex discrimination and sexual misconduct
- Coordinating assessment of campus climate around issues of sex discrimination and sexual misconduct
- Coordinating the informal resolution process
- Overseeing the formal resolution, grievance process (e.g., student conduct hearings)



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What can parents do?

Talk to your student. Scan this code to download our conversation guide.





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Hazing Prevention at
Wake Forest University

**DEACS
DON'T
HAZE**



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Hazing Awareness

“Hazing is non-accidental, costly aspects of group induction activities that: a) do not appear to be **group-relevant assessments/preparations**, or b) appear **excessive** in their application. Group induction activities are those tasks formally or informally required to **obtain membership** or **participatory legitimacy** for new or prospective members.”



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Hazing is any action taken or situation created intentionally or unintentionally that:

- Causes embarrassment, harassment or ridicule
- Risks emotional and/or physical harm
- Impacts members of an organization or team whether they are new or not
- Is regardless of students' willingness to participate



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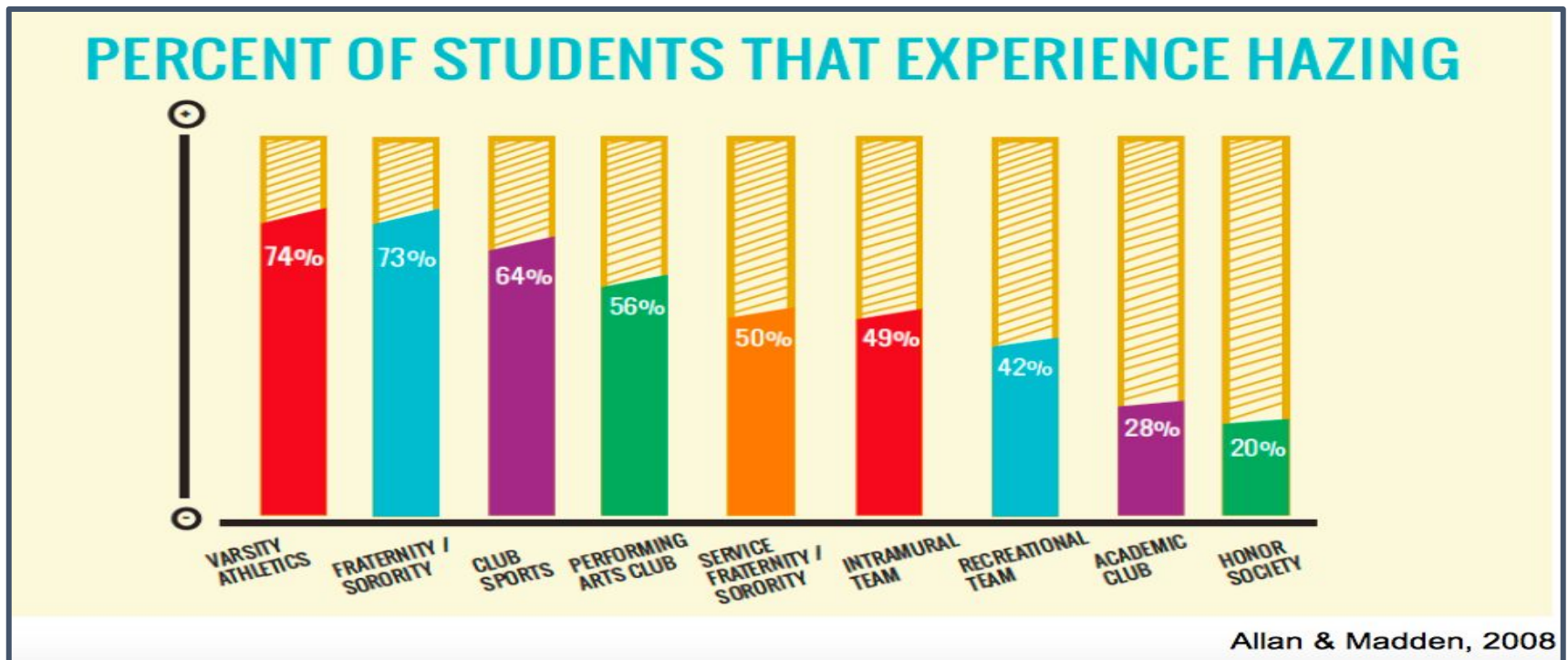
Wake Forest Philosophical Statement on Hazing

"Demon Deacons should not be demeaned or exposed to harm when pursuing involvement at Wake Forest University."



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U N I V E R S I T Y

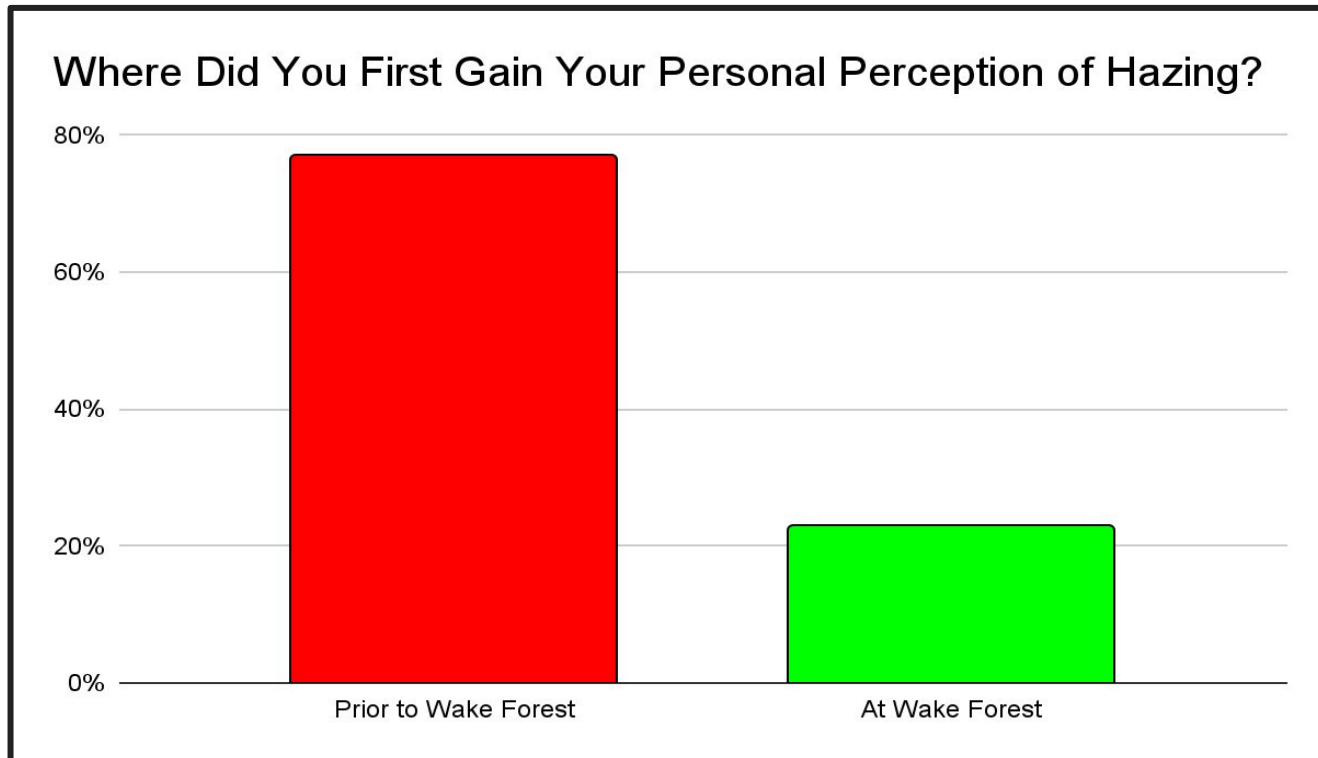


National Hazing Study



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Hazing is often normalized prior to college



Wake Forest Hazing Perceptions Assessment



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Hazing In the Student Experience

- 34% of students have witnessed hazing in their lifetime

Wake Forest Hazing Perceptions Assessment

- 47% of students come to college having experienced hazing
- 55% of college students involved in clubs, teams and organizations state they experienced hazing

National Hazing Study



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Hazing In the Student Experience



**Hazing has
historical roots on
college campuses**

*In fact, it was commonly
supported in many
communities through
mid-1950's*

Franklin & Marshall College



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Hazing In the Student Experience

FROSH BEWARE!

*Obey these rules, you misshapen monstrosities,
at the peril of your scurvy blockheads.*

1. Show proper respect at all times to "Sophs," Upper Classmen and Faculty.
2. Never appear without the prescribed headgear on your lowly domes.
3. Press the button at all times to "Sophs," Upper Classmen and Faculty.
4. Ye shall wear the prescribed headgear until November 1st, and from April 1st to June 1st.
5. Ye shall not chase on or across the Campus.
6. Smoke clay pipes, and those only when in your rooms.

OBEY

Signed **Mighty Sophs '18**



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Hazing In the Student Experience





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Hazing Prevention at Wake Forest





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What Can Parents Do?

Hazing.wfu.edu

“Families” Section



40% of respondents believe family members have knowledge of hazing behaviors

Wake Forest Hazing Perceptions Assessment



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What Can Parents Do?

- College students are proud of their growing independence. It is important to respect the dilemmas they share and validate any conflict they voice about harmful activities.
- The conversation will probably feel a little different than when your student was in high school.
- People communicate differently.
- Listen to what your student says.



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What Can Parents Do?

REPORT HAZING

Or call the Hazing Hotline:
336.758.HAZE (4293)



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Any additional questions? Contact us!

- Alcohol & Other Drugs:

e-mail: AOD@WFU.EDU

- Sexual Misconduct:

e-mail: SAFE@WFU.EDU

- Hazing:

e-mail: HAZING@WFU.EDU