INFORMATION ALL STUDENTS SHOULD KNOW

DRUG-FREE SCHOOLS AND COMMUNITIES
Information for Students Regarding Illicit Drugs and Alcohol Abuse

STANDARDS OF CONDUCT
Section 5.2 of Chapter VI of the Rules and Regulations of the Board of Regents, Texas State University System, provides for disciplinary action against any student who engages in conduct prohibited by law and for illegal use and for unauthorized use of intoxicating beverages, and illegal use of any drug, hallucinogen, or controlled substance.

Section 5.9 of Chapter VI of the regents' rules provides that a student who has been found guilty of the illegal possession, use, sale, or distribution of any drug, narcotic, or controlled substance, whether alone or in combination or in a mixture or compound, shall be suspended from the University for a period of not less than the remainder of the semester in which the violation occurred plus the following long semester. If the semester in which the violation occurred has ended by the time a student is found guilty, the student shall be suspended for a period of not less than the following two long semesters. The student conduct code prohibits the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance in all university workplaces.

HEALTH RISKS OF ALCOHOL AND OTHER DRUGS
Alcohol: Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts. Moderate to high doses of alcohol cause marked impairment of higher mental functions, even when the person is able to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol can lead to dependence. Substance abuse of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol can also lead to permanent damage to vital organs such as the brain and the liver. Females who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. Alcohol and other depressants of the central nervous system and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Tobacco (Nicotine): The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy poses serious risks such as spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths. Perhaps the most dangerous substance in tobacco smoke is nicotine. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

Drug: Drug Laws: Illegal drug use has been linked to such diseases as hepatitis and acquired immunodeficiency syndrome (AIDS). Drug use can cause death by cardiaco arrest or respiratory failure. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can bother the mucus membranes of the nose. Injecting cocaine with contaminated equipment subjects the user to the risk of hepatitis and other diseases that can produce psychological and physical dependence, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, convulsions, paranoia, and occasionally death. Other Stimulants: Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever or heart failure. In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses induce hallucinations and produce a feeling of euphoria. Amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia.

Marijuana (Cannabis): All forms of cannabis have negative physical and mental effects. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can produce anxiety and panic in users. The unfilled or smoked smoke deeply and hold it in their lungs as long as possible. This is harmful to the lungs and can cause respiratory problems. Marijuana smoke contains more cancer-causing agents than cigarette smoke. Long-term users of cannabis may develop psychological dependence that require more of the drug to get the same effect. The drug can become the center of their lives.

Anabolic Steroids: Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Steroids subjects themselves to more than 70 side effects ranging from severe liver cancer to acne and including psychological as well as physical reactions. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects include very aggressive behavior and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Hallucinogens: Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have bad psychological reactions to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased. Users of PCB report persistent memory problems and speech difficulties. Some of these effects may last 6 months to a year following a prolonged daily dose. Mood disorders (depression, anxiety, and violent behavior) also occur. In later stages of chronic use, users often exhibit a violent and violent behavior. Large doses may cause convulsions and coma, and also heart and lung failure.

Depressants: The effects of depressants are in many ways similar to the effects of alcohol. Small amounts produce a state of euphoria, but larger doses can cause blurred vision, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence. Regular use over time may result in tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Narcotics: Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may increase the risk of such diseases as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

Inhalants: The immediate negative effects of inhalants include a state of drowsiness, vomiting, coughing, nausea, and fatigue. The use of inhalants can result in severe respiratory problems or asphyxia, and can cause heart failure by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops. Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.

LAMAR UNIVERSITY PENALTIES
Students who violate the Code of Conduct for a minimum disciplinary penalty of suspension for a period of time specified in the regents rules and the Student Conduct Code, for conduct related to the use, possession, or distribution of drugs prohibited by state, federal, or local law. Other penalties that may be imposed for conduct related to the unlawful use, possession, or distribution of drugs or alcohol include confiscation of property, suspension of rights and privileges, suspension for a specified period of time, expulsion, or other such penalty as may be deemed appropriate under the circumstances.

Employees: The unlawful use, possession, or distribution of drugs or alcohol will result in a disciplinary penalty of suspension, suspension, reduction in pay, demotion, or discharge depending on the circumstances.

COUNSELING/TREATMENT
Employees experiencing a problem with alcohol or other drugs may seek counseling/referrals through the Employee Assistance Plan. Information is available in the Human Resource office. Students experiencing a drug or alcohol problem who are currently enrolled at Lamar University may seek confidential counseling/referrals through the Student Health Center.

PENALTIES UNDER STATE AND FEDERAL LAWS

Penalties for possession of controlled substances (drugs) - Min: Conviction in the Texas Department of Corrections (TDC) for a term of not more than 10 years or less than 2 years, or confinement in a community correctional facility for not more than 1 year, and a fine to not exceed $10,000. Max: Conviction in TDC for life or for a term of not more than 99 years or less than 20 years, and a fine to not exceed $500,000.

Possession of controlled substances (drugs) - Min: Conviction in jail for a term of not more than 180 days, and a fine to not exceed $1,000. Max: Conviction in TDC for life or for a term of not more than 99 years or less than 20 years, and a fine to not exceed $500,000.

Penalties for delivery of controlled substances (drugs) - Min: Conviction in jail for a term of not more than 180 days, and a fine to not exceed $1,000. Max: Conviction in TDC for life or for a term of not more than 99 years or less than 20 years, and a fine to not exceed $500,000.

Conviction of a felony violation of the controlled substance act - Min: Suspension of driver's license.

Possession of controlled substances (drugs) - Conviction of a violation of the controlled substance act by a person under 21 years of age - Min: Suspension of driver's license.

Penalties under federal law

Penalties for manufacturing, selling, and dispensing drugs (includes marijuana) - Min: A term of imprisonment not more than one year, and a minimum fine of $1,000. Max: A term of life imprisonment without release (no eligibility for parole) and a fine to not exceed $8,000,000 (for an individual) or $20,000,000 (if other than an individual).

Penalties for possession of drugs (including marijuana) - Min: Civil penalty in amount not to exceed $10,000. Max: Imprisonment for not more than 20 years or not less than 5 years, a fine of not less than $5,000 plus cost of investigation and prosecution. Operation of a Common Carrier under the influence of alcohol or drugs - Max: Imprisonment for up to 15 years and a fine to not exceed $250,000.
Texas Senate Bill 62 requires that all new students under age 22 who attend on-campus classes at an institution of higher learning either receive a vaccination against bacterial meningitis or meet certain criteria for declining such a vaccination before the first day of the semester. The requirement also applies to returning students under age 22 who were not enrolled in the previous long semester. Please go to http://beacardinal.lamar.edu/bacterial-meningitis for more information.

**MANDATORY NOTICE ON HAZING**

The University reserves the right to take disciplinary action against individual students and/or groups who are involved in hazing activities. Such disciplinary action may be taken independent of state and local prosecutorial actions regardless of the outcome of such prosecutorial actions. Hazing on the part of students, faculty or staff is strictly forbidden, whether on or off campus. The state law providing penal sanctions in the event of a conviction of hazing is set forth in sections 4.51-4.58, Texas Education Code. Full policy is available in the student affairs office in 115 Wimberly Building.

Member of The Texas State University System

Lamar University is an equal opportunity/affirmative action educational institution and employer. Students, faculty, and staff members are selected without regard to their race, color, creed, sex, age, handicap or national origin, consistent with the Assurance of Compliance with Title VI of the Civil Rights Act of 1964; Executive Order 11246 as issued and amended; Title IX of the Education Amendments of 1972, as amended; Section 504 of the Rehabilitation Act of 1973.