

# Parents, you're not done yet.

*Have you talked with them about drinking in college?*

## *Right now*

Share realistically your own experiences with drinking, both positive and negative. Be clear in what you expect from your son/daughter about such things as:

- Attending class
- Drinking and driving
- Financial responsibility
- Choices regarding drinking
- Study time vs. social time
- Staying in touch

*Here are some conversation starters you may want to use:*

How will you decide whether or not to drink at college?

What will you do if you find yourself at a party with only alcohol to drink?

What will you do if your roommate only wants to drink and party?

What will you do if you find a student passed out in the bathroom?

How will you handle it if you are asked to baby-sit someone who is very drunk?

## *Once they're at college*

Since the first 6 weeks of college are a very high-risk time for first year students you may want to call, write or e-mail frequently and be supportive.

*Ask some questions such as:*

How are you doing?

Do you like your classes?

What is the party scene like?

What kind of activities are available?

Are you enjoying residence hall life? Why?

Do you see others making friends or just drinking buddies?

How are you getting along with your roommate?

Are you feeling overwhelmed?

What can we do to help?

*And don't forget these very important topics:*

Family beliefs and values regarding alcohol

How to get help on campus

How to refuse a drink

*Most college students make responsible decisions about the use or non-use of alcohol. However, we also know that:*

*Availability of Alcohol + Absence of Parents + Desire to fit in = Potentially risky drinking decisions*

*For further information contact your College/University Student Affairs Office or Health Service*

**THE CENTURY COUNCIL**