Talking to Your College Student About Alcohol

- 1. Discuss realistic expectations with your son/daughter about alcohol use and academic performance. Partying often contributes to students' academic troubles, whether it leads to missed classes, less studying, or fatigue. Help your student determine ways to have fun while working towards academic success. Helping your student set academic and social goals at the beginning of the semester may help them stay on track.
 - 2. Share your own positive and negative experiences with alcohol. Speak honestly with your student, but avoid stories that glorify your drinking days.
 - 3. Make sure your student is aware of legal consequences and college policies regarding drinking. Remind your student that arrest records are permanent and that conduct issues on a student's record will make applying to graduate school much more difficult.
 - 4. Encourage your son or daughter to intervene if a classmate is in trouble with alcohol. Your student could save a life simply by calling for help when a fellow student is unconscious.
- 5. Explain to your student some of the risks of binge drinking, including alcohol poisoning, injury, and sexual assault.
- 6. Tell your student to stand up for his or her right to a safe academic environment. If your student is being negatively affected by other students drinking, he or she should confront the offender or speak with campus officials.
- 7. If you think your student or his or her friends may need help, making use of campus resources, perhaps with a visit to the counseling center or health center.
- 8. Stay in touch with your student. Ask open-ended questions about all aspects of the college experience. Let your son or daughter know that they can talk to you about anything and that you will be there to help.