

# Parents,

## You're Not Done Yet.

How to talk to your kids about drinking in college.



### Conversation Starters



#### Be clear.

Be clear in what you expect from your son/daughter when they are away at college.



#### Plan on staying in touch.

Think about how you will stay in touch (Skype, Facetime, texts, calls).

#### Stay connected

Communicate frequently especially at the beginning, middle and end of the semester.

Hey, how's college treating you?

Great! Facetime on Sunday?

Sounds good :)

#### Talk about balance.

Find the right balance between study time and social time.

#### Set goals.

Encourage your student to set goals for the first semester.



#### Encourage them to get involved

Your student should attend school events or join organizations.



#### Ask open-ended questions

- How are you spending your down time?
- How is dorm life?
- How are your classes going?
- How can we help?

#### Listen

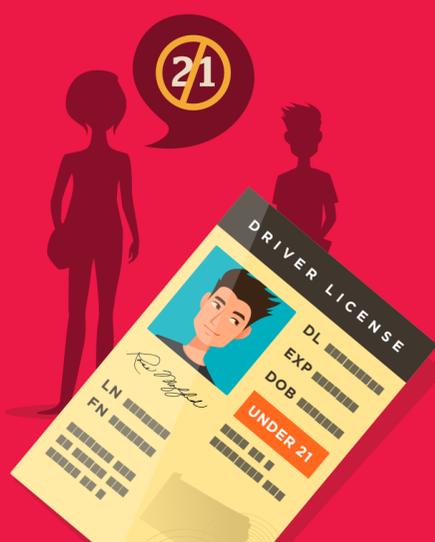
Listen with an open mind and be reassuring.

#### Remind them.

The legal drinking age is 21 and it's illegal to start drinking before then.

#### Be realistic when sharing.

When sharing your own drinking experiences, cover the positive and negative.



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