

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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