How to talk to your kids about drinking in college.

Know the risks
Recognize that the first six weeks of college are very high risk for first year students.

Do you know where to get help on campus when you need it?

How will you decide whether or not to drink?
What will you do if you find yourself at a party with only alcohol to drink?
Are you prepared to refuse a drink?

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

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

Set goals.
Encourage your student to set goals for the first semester.

Talk about balance.
Find the right balance between study time and social time.

Conversation Starters

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

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

Encourage them to get involved
Your student should attend school events or join organizations.

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.

Hey, how’s college treating you?
Great Facetime on Sunday?
Sounds good :)

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