How to talk to your kids about drinking after high school:

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

Have a conversation
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- Recognize that the first six weeks of college are very high risk for first-year college students.

Set expectations
Be clear about what you expect from your son or daughter once they leave home.
- Remind them that the legal age to drink is 21. Drinking underage is illegal and could lead to negative consequences.
- Make sure your daughter or son is socially active and involved in outside activities.

Make a plan
Give your son or daughter a clear way to “escape” from a situation where they might feel pressured into underage drinking.
- Be sure to exchange contact information with your son’s or daughter’s roommates so that anyone can reach you when they need help.

Stay in touch
Look for signs of lifestyle changes, changes in appearance, habits, or routines, and changes in peer, household, and communication style.
- Schedule a check-in each month to catch up with your kids.
- Follow each other on social media.

Check in
Call your kids to let them know you care. Ask how they’re doing.
- Make sure your daughter or son is not socially isolated or involved in outside activities.

Remind them
The legal age to drink is 21. Drinking underage is illegal and could lead to negative consequences.
- What would you do if you find yourself at a party where everyone is drinking?
- How will you decide whether or not to drink?
- Are you prepared to refuse a drink?
- What are the signs of alcohol poisoning?
- What will you do if your roommate overconsumes?

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