Questions Before Your Student Leaves for College

• How will you decide whether or not to drink at college?
• What will you do if your roommate wants to have alcohol in your room or apartment?
• What will you do if your roommate is drinking and partying too much?
• What reasons or excuses can you give your peers if you do not want to drink?
• What will you do if you find a student passed out?
• How will you handle it if you are asked to baby-sit someone who is very drunk?

Questions When Your Student is at College

After your son/daughter has begun college, continue to communicate with them. Call or e-mail on a regular basis and inquire about their experiences at college.

Remember when you talk they listen.

• How are you doing?
• How are classes going?
• What is the party scene like?
• What kinds of activities are you involved in?
• How do you like living on campus?
• What do you and your friends do for fun?
• Are you getting along with your roommate?
• Are you feeling overwhelmed?
• What can we do to help?

Campus Resources

E chug - informal on-line alcohol assessment.
http://www.d.umn.edu/hlthserv/ape/

E toke - informal on-line marijuana assessment.
http://www.d.umn.edu/hlthserv/health_education/services/alcohol_drugs.html

Counseling - all currently enrolled students are eligible for full services. 726-8155

Alcoholics Anonymous - contact Kirby Info Desk for meeting times and locations

‘Alcohol and College Life’ - 1 credit on-line course designed for freshmen. Listed as Soc 1400.

Clean Program - the Recovery Services program at the College of St. Scholastica is a collegiate support program for all individuals in the twin ports area of traditional college age.

On-line Resources

Parents, Students, & Alcohol
www.d.umn.edu/hlthserv/parents_alcohol/index.htm

National Institute on Alcohol Abuse and Alcoholism Guide for Parents
http://www.collegedrinkingprevention.gov/collegeparents/

Parents, The Anti-Drug
www.theantidrug.com

Ten Tips for Prevention for Parents
http://www.ncadd.org/for-parents-overview/prevention-tips

Alcohol and other Drug Prevention: The Parent Connection
www.higheredcenter.org/parents

University of Minnesota Duluth

The information in this publication has been adapted from the University of Minnesota, Century Council, University of Oregon, and Higher Education Center for Alcohol and Other Drug Prevention, College o Parents of America and MADD, and Missouri Partners in Prevention. Rev 11/14.
Message to Parents

When you talk they listen

Alcohol use and abuse among college students is a serious national problem. With the use of alcohol comes many risks and consequences. Research indicates that students who excessively use alcohol receive lower grades, experience more physical sickness, and are at a greater risk of sexual assault. For college students convicted of drug and/or drinking offenses, it could prove difficult to find employment or admittance into graduate and professional programs.

At UMD our goal is to provide a community environment that emphasizes development of healthy lifestyles and making responsible and informed decisions. UMD considers college drinking to be a serious issue that requires the involvement and collaborative efforts of all community members, including parents, to address this issue and to minimize the negative effects to students and others.

We urge you to talk with your son or daughter on this important issue before they leave for college, and during their college experience. Survey data shows that the majority of UMD students get health related information from their parents…when you talk they listen. Even if you believe your daughter or son does not drink or does not drink to excess, a conversation about alcohol is critical.

We appreciate your involvement and your support regarding this critical issue.

Your Role as a Parent

Communicate, encourage, and support
After your son or daughter has started college, continue to be in contact. Call or email on a regular basis and ask how college life is going. Give encouragement and support during their transition to college.

Set clear and realistic expectations
As a parent, it is very important that you discuss with your son or daughter the risks and consequences with alcohol use and alcohol abuse by those under 21. Share your expectations for his/her behavior, class attendance, and grades. Hold your son or daughter accountable for these expectations.

Encourage involvement in the campus community
Encourage your son or daughter to find healthy ways to deal with change in college. Exercise, volunteering, and involvement in student organizations gives students a broader outlook, healthier perspective, and increases the likelihood of a successful college experience.

Encourage students to stand up for a safe environment
Students who do not drink can be negatively affected by those who drink, ranging from interrupted study time and sleep to assault or unwanted sexual advances. Students need to take an active role in developing a healthy and respectful community.

Encourage communication with roommates
For most students, moving into campus housing will be the first time they have shared a room. Encourage your son or daughter to establish guidelines and considerations for one another. Students may obtain assistance from residence life staff if desired.

Know the alcohol scene on campus and talk to students about it
Students grossly exaggerate alcohol and other drug use by peers. Peer-influenced students tend to “drink up” to the perceived norm, so it us important to clear up misconceptions.

Avoid tales of drinking exploits from your own college years... Times have changed
Entertaining students with stories of drinking back in “the good old days” normalizes potentially dangerous behavior. It also implies parental approval to dangerous and, for people under 21, illegal alcohol consumption.

Encourage intervention in Alcohol Related Emergencies
Nothing is more tragic than an unconscious student left to die while others either fail to recognize that the student is in jeopardy or fail to call for help due to fear of getting the student in trouble. Inform your son or daughter of

Signs of alcohol overdose:
• Appears unconscious
• Won’t wake up
• Cold, clammy, pale or bluish skin
• Slow / irregular breathing
• Vomiting while sleeping or passed out

What to do:
• Turn the person on their side
• Dial 9-1-1 get medical help
• Stay with the person

Help students to understand their responsibility & to be aware of their liability with social media
Social media sites are increasingly being used in university and criminal investigations, and reference information by potential employers. Should your son/daughter post inappropriate information, including pictures or comments related to alcohol or other drugs, on one of the social media networks while at UMD, it may have an unforeseen impact on him/her, now and for years to come.

UMD Housing & Residence Life Alcohol Policy
The possession, consumption and/or association with possession of alcoholic beverages and/or pos session of alcohol containers, regardless of age, is prohibited in University residences and grounds. Residents who possess or are in the presence of alcoholic beverages or alcoholic beverage containers are considered in violation, regardless if they have or have not personally consumed alcohol. Alcohol signs may not be displayed in windows or on the outside of room doors. Students living off campus will be held accountable by the university for any violations they receive in the community.