

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/>

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

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

Recovery Roommate Request - available through Housing in the "Special request accommodations" section of the housing application contract.

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

On-line Resources

University Student Legal Service
The Party Pamphlet
www.d.umn.edu/usls

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

Parenting Skills - Tips and Ideas to Help Make a Difference
<http://www.health.org/govpubs/PHD826>

Parents, The Anti-Drug
www.theantidrug.com

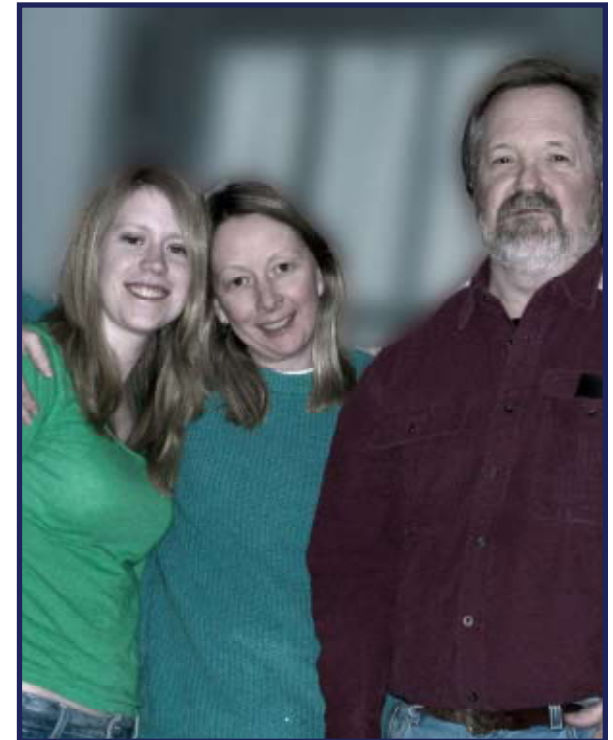
Understanding Today's Student
<http://www.osa/umn.edu/resources/index.html>
Parents web site

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

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.

Parents Students & Alcohol:

When you talk they listen



**University of Minnesota
Duluth**

Message to Parents

Your Role as a Parent

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.

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 is important to clear up misconceptions.

Avoid tales of drinking exploits from your own college years

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 when classmates are in trouble with alcohol

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 poisoning

- Appears unconscious
- Won't wake up
- Cold, clammy, pale or bluish skin
- Slow or 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

Make it clear that underage alcohol consumption and driving after drinking are against the law

It is unlawful for anyone under age 21 to possess an alcoholic beverage with the intent to consume or to consume outside of his/her parent's or guardian's home. It is unlawful for anyone under age 21 to drive, operate, or be in control of a motor vehicle after consuming any amount of alcoholic beverage. Violation will result in loss of driving privileges for 30 days (2nd offense - 180 days) and will become a permanent part of the driving record.

UMD Housing & Residence Life Alcohol Policy

The possession, consumption and/or association with possession of alcoholic beverages and/or possession 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.