

Talking with your college freshman:

Talking with your son or daughter often is important. Invite dialog that provides key information.

Work to establish an open & trusting relationship

- Be a good role model
- Be factual and straightforward
- Have accurate information
- Do not use scare tactics

Set clear expectations about such things as:

- Attending class
- Drinking and driving
- Financial responsibility
- Study time vs. social time
- How you will stay in touch

Ask questions:

- How are you doing?
- What is the party scene like?
- Are you enjoying residence hall life? Why?
- Are you feeling overwhelmed?
- What can we do to help?

Binge Drinking: Consuming 4 (for females) and 5 (for males) standard drinks in two hours or less; poses a significant risk for extreme intoxication, alcohol poisoning, and death.

Risk of “binge” drinking and poor choices related to alcohol increase upon arrival to college due to:

- **Availability of alcohol**
- **Absence of parents**
- **Desire to fit in with peers**

For more information on how to talk with your student or questions related to alcohol and other drug use, abuse, or treatment call us today, visit our website, or visit these national web resources.

USD Department of Alcohol & Other Drug Services

619.260.4618

www.sandiego.edu/aods
www.edu.org/hec/parents/
www.collegedrinkingprevention.gov/parents

Parents: Talk With Your College Freshman

Department of Alcohol and
Other Drug Services
University Center 221

619.260.4618

www.sandiego.edu/aods



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Helping your student think about alcohol or drug decisions before they face them prepares them and results in more healthy life choices.

Communication Tips:

Listen

Don't interrupt. Clarify, if you don't understand what they are saying once they finish.

Stay Focused

Limit discussions to the current issue.

Timing

Choose an optimal time to bring up issues about your student concerning you. Also, be open if your student initiates a conversation about their concerns.

Agree to Disagree

Respect their viewpoint, admit if you are wrong, and be honest.

Avoid Communication Stoppers

"anyone who drives drunk is crazy"; "no one in this family would ever consider doing that". Avoid global statements like this that have no safe reply.

Appeal to Common Goals

Let your student know you are on their side. Avoid the debate mode and encourage learning.

Low Risk Drinking

- Planning if and how much you will drink before going out
- Eating a meal before drinking
- Knowing how you will get home safely
- Drinking one or fewer drinks per hour
- Knowing what you're drinking and pouring/opening your own drinks
- Alternating alcohol with soda, juice, or water while drinking
- Being 21 or older

High Risk Drinking

- Chugging, drinking games, shots, or other rapid consumption such as using a trough, hose, or funnel
- Drinking to get drunk
- Driving after drinking or riding with someone under the influence
- Leaving your drink unattended
- Accepting a drink from someone you do not know or trust
- Mixing alcohol with medications or illegal drugs
- Drinking faster than your body can show the effects or playing drinking games

Values

The family values instilled in your student will influence the decisions they make about alcohol and other drugs. Talk with them about their decisions related to their values and goals.

Priorities

Help your student manage limited time to develop both their academic and social lives in a healthy manner.

Safe and Secure

Students who don't drink can be affected by those who do through noise, property damage, and roommate conflicts. Students who do drink place themselves at higher risk for lower grades, sexual assault, and other health consequences.

Don't Glamorize

Use the wisdom of your experience if you choose to share personal college drinking memories. Avoid entertaining students with glamorized stories. Share instead what you learned from your experiences.

Common Sense

Ensure your student understands alcohol can be fatal. Encourage them to drink safely and to intervene or get help if they see someone drinking dangerously.

Make it Clear

Underage drinking and alcohol impaired driving are illegal. Tell your student you disapprove of these dangerous and illegal activities and strategize with them how they will handle these situations before they arise.