TALKING ABOUT SUBSTANCE USE

Tips for Parents and Families

Substance use is considered a major health concern on college campuses and research shows that your college student really does care about what you have to say. Jurick, Moulding, & Naujokaitis, 2013

TALKING POINTS

Academic Performance:

Set clear and realistic expectations with your student.

Health Effects:

Stress to students that alcohol and drugs can be dangerous and sometimes lethal.

Reach Out:

Tell students to intervene when classmates show signs of substance abuse.

Stand Up:

Tell students to stand up for their right to a safe environment.

Campus Culture:

Know the college alcohol culture and and talk to your student about it.

Be Real:

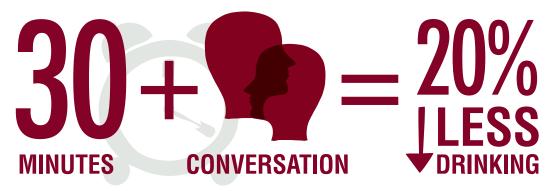
Avoid romanticized tales of drinking exploits from your own youth.

Get Involved:

Encourage your student to become involved at UWL.

Make It Clear:

Underage drinking and drug use are against the law.



Students who reported communicating with their families for more than 30 minutes per week reported consuming 20% fewer drinks.

Small et al., 2011