

# 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

### 1. Academic Performance:

Set clear and realistic expectations with your student.

### 2. Health Effects:

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

### 3. Reach Out:

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

### 4. Stand Up:

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

### 5. Campus Culture:

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

### 6. Be Real:


Avoid romanticized tales of drinking exploits from your own youth.

### 7. Get Involved:

Encourage your student to become involved at UWL.

### 8. Make It Clear:

Underage drinking and drug use are against the law.

**30** +  = **20%**  
**MINUTES**      **CONVERSATION**      **↓ LESS DRINKING**

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

*Small et al., 2011*

Detailed information at:

[www.uwlax.edu/wellness/parent-resources](http://www.uwlax.edu/wellness/parent-resources)