

Parents,

You're Not Done Yet.

You watched them take their first steps, and now they are ready for the next step:



COLLEGE



INDEPENDENCE



CAREER

How to talk to your kids about drinking after high school:



Know the risks

Recognize that the first six weeks of college are very high risk for first year college students.



Have a conversation

- What would you do if you find yourself at a party where everyone is drinking?
- How will you decide whether or not to drink?
- Are you prepared to refuse a drink?
- What are the signs of alcohol poisoning?
- What will you do if your roommate overconsumes?



Do you know where to get help when you need it?



Set expectations

Be clear about what you expect from your son or daughter once they leave home.

Realize that no two kids are alike. One daughter's or son's habits and needs may differ greatly from older or younger siblings'.

Set some goals for living alone or with roommates—whether it be maintaining a certain grade point average or saving money from their job.



Make a plan

Give your son or daughter a clear way to "escape" from a situation where they might feel pressured into underage drinking.

Be sure to exchange contact information with your son's or daughter's roommates so that anyone can reach you when they need help.



Stay in touch

Look for signs of lifestyle changes in your child: a new appearance, habit, or demeanor, and changes in peers, hangout locations, and communication style.

Schedule a time to talk each week to catch up with each other.

Follow each other on social media.



Check in

Call from time to time to be sure everything is OK—listen for any warning signs.

Make sure your daughter or son is socially active and involved in outside activities.



Remind them

The legal age to drink is 21. Drinking underage is illegal and could lead to negative consequences.



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