PREPARING YOU TO PREPARE YOUR STUDENT

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HOW MANY DRINKS DO YOU THINK YOUR STUDENT WILL CONSUME ON A TYPICAL SOCIAL OCCASION?

<table>
<thead>
<tr>
<th>Number of Drinks</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>0</td>
<td>26%</td>
</tr>
<tr>
<td>1-2</td>
<td>21%</td>
</tr>
<tr>
<td>3-4</td>
<td>21%</td>
</tr>
<tr>
<td>5-6</td>
<td>15%</td>
</tr>
<tr>
<td>7-8</td>
<td>8%</td>
</tr>
<tr>
<td>9+</td>
<td>9%</td>
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</tbody>
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TRUE OR FALSE?
PARENTS DON'T HAVE MUCH IMPACT ON COLLEGE STUDENT DRINKING BEHAVIOR.
A. True
✓B. False

ALLOWING YOUR STUDENT TO DRINK CASUALLY WITH YOUR FAMILY WILL PREPARE THEM FOR DRINKING IN COLLEGE.
A. True
✓B. False

STUDENTS WITH PARENTS WHO ARE STRICT ABOUT UNDERAGE DRINKING ARE LESS LIKELY TO MAKE RISKY DECISIONS IN COLLEGE.
✓A. True
   B. False
WHAT ABOUT EUROPE?

SO WHAT CAN YOU DO?

WHAT % OF PARENTS DISCUSS ALCOHOL WITH THEIR TEEN(S)?

90%
TIP #1

If you disapprove of alcohol use, be honest.
Ex: “We do not condone using alcohol underage.”

TIP #2

Ask open-ended questions.
Ex: “What are your goals for your college experience? What will you do to make sure you prioritize these things? What are some ways you can have fun without alcohol?”
Remember to show respect for your students’ opinions, even if you disagree.

TIP #3

Give concrete guidelines.
Ex: “When you are old enough to drink, we expect you to be responsible. Some ways to stay safe are: limiting yourself to 4 or fewer drinks in one night, using a sober driver, staying hydrated, etc.”
TIP #4

Help your student practice with scenarios.
Ex: “What will you say if you're at a party and your friends pressure you to drink? What will you do if a drunk friend offers to give you a ride?”

TIP #5

Continue the conversation.
Ex: “What clubs are you involved in this semester? What is the drinking culture like on campus? Do your friends drink? How are classes going?”

DEEP BREATH.

Additional resource: www.thealcohohtalk.com
THANK YOU!

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