

HELPING KIDS AND PARENTS NAVIGATE GOING TO COLLEGE

As your child prepares for college, it's crucial to discuss substance use and potential risks they may face. Starting and maintaining these conversations will help them make safe choices while away from home.

1 in 4

college students
experience academic
problems due to drinking.

1 in 3

college students reported
having engaged in binge
drinking over a 30 day period

Source: NSDUH, CDC

CONVERSATION STARTERS & TIPS

Open the Conversation: “I’ve been thinking about you heading off to college, and I know things like alcohol and drugs can be a big deal. I just want to make sure we’re on the same page about how to handle that.”

Understand their Viewpoint: “I know college is going to be full of new experiences, but have you thought about how you want to handle situations where you’re pressured to drink or try something you don’t want to?”

Relate to Them: “When I was in college, I remember feeling a lot of pressure at parties. I’m sure you’ll have your own way of handling things, but I want you to know I’m here for you no matter what.”

Empower Your Teen: “I want to make sure you know the risks and have the confidence to make your own choices when it comes to substance use.”

Set Expectations: “I know college is all about growing up and figuring things out on your own, but there are things I still worry about—substance use being one of them. How do you think you’re going to handle that kind of stuff?”



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