

ADA Funded Regional Support Center Substance Abuse Prevention Program
**The No Network & Community 2000
Family Counseling Center**

What Every Parent Needs To Know

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As a parent of a future or current college student. We Know that two of the biggest concerns you have are whether your student will be safe and whether or not your student will succeed academically. Both of these concerns are understandable and are often closely tied to the use of alcohol and other drugs in the college environment.

Your Role

As a parent, it is very important that you discuss the risks and consequences associated with alcohol abuse and alcohol use by those under 21. Share with your son/daughter what your expectations are for their behavior, class attendance, and grades. Hold your son/daughter accountable for these expectations. After your child has begun college, continue to communicate with them. Call or email on a regular basis and inquire about their experiences at college.

Alcohol use and abuse among college students is a serious problem on many campuses. With the use of alcohol come many risks and consequences. These risks include physical sickness, academic consequences, future career consequences, and potential legal consequences.

Sexual Health

Although not every college student is sexually active, a significant number of Missouri's college students are. If safe sex is not practiced, there are risks of contracting sexually transmitted diseases (STDs). Encourage an open dialogue with your son/daughter on the issue of safer sex and alternatives to sexual activity, such as abstinence. Many campuses offer resources to students such as STD screenings and information on healthy relationships, and alternatives to sexual activity.

Encouragement & Support

Although your son/daughter is gaining independence by attending college, it is still important for you to give encouragement and support during this time of transition. Your son/daughter will respond best if you respect him/her as a young adult.

Gambling

Gambling is one of the most overlooked issues facing college students. Problem gambling is a major threat to academic success and financial well-being. Gambling is a problem on the rise in college populations because of increased availability of gambling sites on-line. The most common reasons students gamble include: stress relief, to make money, risk-taking rush, boredom, depression, and curiosity.

