



The Well for
Health Promotion

CAMPUS HEALTH

a Tulane parent guide for Talking with Your Student About Alcohol

You can make a difference.

ALCOHOL USE AT TULANE

Source: National College Health Assessment, 2018

- ▶ 82% of students have consumed alcohol in the past 30 days.
- ▶ 49% of students have engaged in high-risk alcohol use* in the past two weeks.
- ▶ 63% of students consumed 0-4 alcoholic drinks the last time they “partied or socialized.”
- ▶ 56% of students reported doing something they later regretted while using alcohol in the past 12 months.

**High-risk alcohol use is defined as 4 drinks for women and 5 drinks for men in one setting.*

Your student is heading to college. Soon they will have the opportunity, and responsibility, to make many decisions on their own. As a parent or guardian, you may feel confident in your student’s ability to manage independently, or you may feel apprehensive about the prospect of them navigating the day-to-day without you. Wherever you fall, open communication with your student about experiences they may encounter in college is essential in preparing them to make educated decisions that prioritize their health and well-being.

Talking about alcohol may seem taboo or awkward but proactive conversation is a critical first step in preventing adverse consequences associated with alcohol usage. Not all students drink, and many students drink responsibly. Unfortunately, many students also experience negative repercussions related to alcohol consumption while at college. Communicating with your student can help reduce their risk of harm.



Topics to Explore

Your student may claim they know everything they need to know about alcohol, but chances are there are still things worth discussing. When you talk about choices your student has in college, thoroughly explore the following topics together:

- ▶ If you choose to drink, what do you hope to get out of the experience?
- ▶ What are some negative consequences you would want to avoid with drinking?
- ▶ How can you respond to your peers if they try to persuade you to drink when you don't really want to?
- ▶ Understand University policies and local laws about drinking alcohol – on campus and off.
- ▶ Encourage them to know the basics, like Blood Alcohol Content (BAC), tolerance, sobering up, and signs of intoxication. More can be learned during orientation sessions, with their required online education courses, or at campushealth.tulane.edu/well/alcohol-other-drugs.



Conversation Tips

Talking with Your Student About Alcohol

Establishing an open dialogue with your student about this topic is important.

Here are a few tips for getting started:

ASK QUESTIONS

Establish that you want this to be a conversation, not a lecture.



LISTEN TO YOUR STUDENT

Try understanding their perspective. Allow space for each of you to share your concerns.

EMPHASIZE MODERATION AND BALANCE

These are the keys to having a positive Tulane experience.



WANT TO LEARN MORE?

Visit us online for more information: campushealth.tulane.edu/well/alcohol-other-drugs

Tulane University Resources & Services

Outside Resources

Tulane University offers a wide variety of services that are sensitive to the challenges that university students face regarding alcohol and other drug use. We provide services for students who want to learn more about their own use of alcohol and other drugs, reduce or eliminate their use, or are worried about a friend or family member's use or problematic behavior. In addition, the Tulane and the New Orleans community are home to many self-help groups and treatment facilities.

University Alcohol Policy
campushealth.tulane.edu/alcohol

Campus Health
campushealth.tulane.edu

Counseling Center
Health Center for Student Care
The Well for Health Promotion
Tulane Recovery Community

Health Promotion Tools & Resources
campushealth.tulane.edu/well/alcohol-other-drugs

- eCHECKUP TO GO
- Alcohol and Other Drugs eHealth Course
- Online Mental Health Screening

Student Resources and Support Services
srss.tulane.edu

- Brief Alcohol Screening and Intervention for College Students (BASICS)

Case Management & Victim Support Services (CMVSS)
cmvss.tulane.edu

Report a Concern
srss.tulane.edu/report-concern

Alcohol Anonymous New Orleans
aaneworleans.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
samhsa.gov

National Institute on Alcohol Abuse and Alcoholism
niaaa.nih.gov

NIAAA College Drinking Changing the Culture
collegedrinkingprevention.gov

National Council on Alcoholism and Drug Dependence
ncadd.org

Alcoholics Anonymous
alcoholics-anonymous.org

