



Preparing For College: Parent Tips

Colleges and their surrounding communities often create an environment that promotes substance abuse among students. Attending a college where the culture encourages substance abuse can threaten the health and future of your child. If your child has a substance abuse problem or is at high risk for substance abuse, be thoughtful about what school environment is appropriate for your child.

Here are some criteria / actions to consider as you prepare your child for college:

Before College

- Discuss your expectations and the dangers of substance abuse with your children.

When Picking A College, Consider The Following

- Is the campus smoke free?
- Does the college have a clearly defined alcohol policy that is consistently enforced?
- Does the college ban alcohol and other drugs in public areas?
- Does the college sponsor dry social activities?
- Does the college allow alcohol to be involved in rushing for fraternities and sororities?
- Is attending fraternity and sorority parties the dominant social activity?
- Is the college surrounded by a high density of bars and liquor stores?
- Are there substance-free or single-sex housing options?
- Does the college keep track of alcohol and other drug incidents?



When Your Child Goes Off To College

- Let the school know you want to be informed if your child is involved in an alcohol or other drug-related incident.
- Keep an eye on your child's spending habits.
- Communicate regularly with your child—and continue to discuss the temptations and dangers of drinking and drugs.

