A 2012 survey of UND students found that 83% believed that parents' expectations or rules about alcohol are an effective way to limit consumption.

- 83% thought this about tobacco
- 89% thought this about other drugs

But only 71% of students report their parents talked to them about expectations regarding alcohol use.

(UND National College Health Assessment, 2012)
HOW TO SUPPORT YOUR STUDENT

TALK TO YOUR STUDENT

- Keep the messages “short and sweet”
  - “I’m concerned about your health, well-being and safety.”
  - “You don’t have to drink to have fun.”
  - “If you’re going to drink, don’t drive.”
  - “Never drink something you didn’t open/mix yourself.”

ASK YOUR STUDENT

- Keep an open mind
- Be willing to listen and keep listening
- “What is your attitude towards drinking?”
- “What are your experiences with alcohol and other drugs?”
- “By what means do you travel safely? Is the driver sober?”

VISUALIZE

Help your student with situations they may encounter by encouraging them to visualize scenarios and consequences of their actions.

STRATEGIZE

Help your student handle situations in which they prefer not to drink.

- Be comfortable with yourself
- Be the designated driver
- Hold one drink cup/can all night (switch every once in a while)
- Dance the whole time
- If the party becomes too unpredictable or uncomfortable, remove yourself from the situation

REMEMBER

AS WE MATURE, WE LEARN FROM OUR MISTAKES AS WELL AS THOSE OF OTHERS.

KNOW the facts

9 OUT OF 10 UND STUDENTS SAY THEY DON’T NEED ALCOHOL TO HAVE A GOOD TIME.

1/5* of UND students surveyed performed poorly on a test or important project as a result of drinking or drug use.

LEARN MORE FACTS AT UND.EDU/KNOW