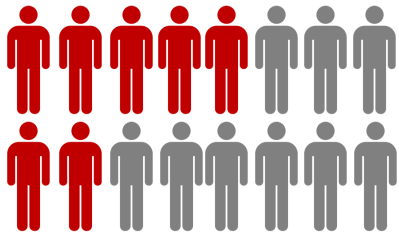


Parents of College-Bound Youth

Don't let go too soon

KYPrevention.com/College-Parents/



ALCOHOL USE: *Drank alcohol in the past month*

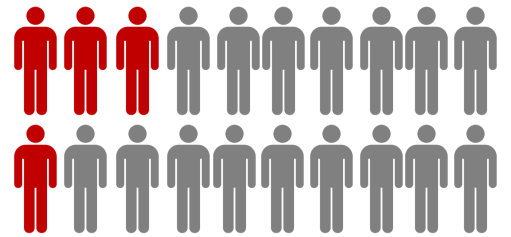
5 in 8 (61%) U.S. full-time college students ages 18-22 NSDUH, 2017

2 in 8 (24%) KY high school 12th-grade students KIP Survey, 2018

BINGE DRINKING: *5 or more alcoholic drinks on one occasion*

3 in 9 (33%) U.S. full-time college students ages 18-22 NSDUH, 2017

1 in 9 (13%) KY high school 12th-grade students KIP Survey, 2018



Consequences of High-risk College Drinking

Estimated Among Full-time College Students Ages 18-24 NIAAA, 2018; Journal of Studies on Alcohol and Drugs, 2009



Academic Problems = 1 in 4

Journal of American College Health, 1998



Abuse/ Dependence = 1 in 5

General Psychiatry, 2008



599,000 Injuries

97,000 Sexual Assaults

1,825 Deaths

2.7 Million Drive Under The Influence of Alcohol



Parents are the #1 INFLUENCE when it comes to teens & alcohol

1. Make it clear your expectation is no-alcohol use before 21
2. Agree on consequences and enforce them consistently
3. Discuss real-world consequences of underage drinking including the high fines for a minor in possession, risks of drunk driving, or loss of driver's license or scholarship
4. Emphasize the facts — underage drinking can negatively impact health, safety and academics
5. Discuss ways to handle difficult situations where alcohol use by other students may create a problem — interrupted study time or unwanted sexual advances
6. Become familiar with the school's alcohol use policy together
7. Demonstrate your willingness to help find constructive alternatives to drinking
8. Stay in regular communication, and talk in ways that show caring, trust and respect

Find more resources [@KYPrevention.com/College-Parents/](http://KYPrevention.com/College-Parents/)