

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

Parenting for the Summer Before College and Beyond

“TIP” JAR
TAKE-AWAYS - INFORMATION - PROMPTS

Mental Health and Substance Use Tips:

- Notice the signs your child may be struggling: You have two ears and one mouth, so listen twice as much as you speak.
- Keep the lines of communication open: Your child is more likely to share their problems with you if there is no fear of being judged.
- Plan Ahead: Have a plan in place in case things become too stressful. If problems arise, don't delay; prioritize getting help for your child over fear of academic or social concerns.

Use the last few weeks of school and the summer to have your senior practice independent living skills. Have them:

- do their own laundry, keep their bedroom and bathroom clean
- identify their healthcare needs and take responsibility for making appointments, filling prescriptions, getting enough sleep, exercise, and nutritious food, etc.
- live on a budget
- get themselves to school and work on time
- experience a social situation with peers they don't know, without using a mood-altering substance

It's better to be prepared...

While we cannot prevent all substance misuse for our students, we can be prepared to support them.

- Questions to ask your student's institution:
 - What health and wellness resources and services are available? Are they covered by student health fees?
 - Are there student lifestyle groups that support wellness/substance free programming?
- Action items:
 - Read the student code of conduct to understand what is expected.
 - Attend orientation and family events (if possible) to access information and parent resources.
 - Sign up for parent newsletters, social media groups, etc.
 - Maintain regular, agreed-upon communication with your student (i.e. daily texts, weekly calls, bi-weekly FaceTime).

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