

## **Top 10 Things to Discuss with your College Student before Spring Break:**

1. Talk to your college student about the health and personal physical safety dangers of excessive alcohol consumption; both by themselves and others (i.e. fighting, drunk driving and rape).
2. Give your college student tips on how to protect themselves such as traveling in pairs, having money for taxis or public transportation, carrying medical insurance cards and condoms.
3. Ask to see any promotional materials that helped your college student decide on a location. If your son or daughter is using a tour company to plan their trip, make sure that the company is reputable, and that it isn't using excessive alcohol promotion to target and influence students.
4. Ask your son or daughter to provide the names and numbers of any hotels they will be staying in, as well as cell phone numbers for themselves and their friends.
5. Talk to your son or daughter about your expectations and limits with regard to alcohol use.
6. Give them a pre-paid calling card and establish a regular check-in time.
7. Offer to cover the cost of participating in an alternative spring break program.
8. Teach your son or daughter the signs of alcohol poisoning, so that they can protect their peers and themselves. [Know the warning signs for alcohol poisoning; they are: vomiting, slow breathing, unconsciousness, pale blue skin and/or seizures. If you see someone with these symptoms, call 911 immediately.]
9. Make sure that their spring break destination has the same drinking age limitations as do U.S. locations if your son or daughter is younger than 21. International locations may allow students as young as 18 to legally purchase alcohol (e.g. Cancun, Mexico). Again, make it clear what your expectations are regarding alcohol use.
10. Warn your college student about the danger of drinking alcohol and dehydration [Alcohol is diuretic. This means it encourages the body to lose more water than it takes on. Dehydration caused by drinking can affect balance by draining potassium from the body, resulting in thirst, muscle cramps, dizziness and faintness.]