

# Meeting the challenge of Alcohol, Drugs and Student Health on campus



## What is MyStudentBody®-Parent?

The MyStudentBody program supports a comprehensive approach to student health, offering you a wide range of tools for implementing evidence-based prevention and intervention strategies. Using the MyStudentBody-Parent component, you can reach out to parents and families and help them communicate effectively with students about alcohol, drugs, and other health challenges on campus.

## How can MyStudentBody®-Parent help me?

Research shows that even after students leave for college, parents can have a significant impact on their behavior.\* MyStudentBody-Parent enables you to empower families with a program aimed at providing vital health information, building parents' confidence in communicating with students about sensitive topics, and ultimately, reducing students' high-risk behaviors during the transition to college. By offering this resource to families, you can:

### Help parents encourage healthy behavior

MyStudentBody-Parent takes an innovative approach to helping parents talk to students, using online videos to explore effective conversational techniques. These videos are integrated in seven tutorials on key topics, including Prevention Strategies, which features a "Key Conversation" to help parents create a plan with students for dealing with an alcohol poisoning emergency, and Share the Facts, which examines specific topics families may wish to address with students, such as the "biphasic" response - the emotional ups and downs that can be triggered by drinking alcohol.

### Support a healthy transition to college

MyStudentBody-Parent also provides multiple resources to help families prepare for the health challenges of the transition to college. These include a downloadable Parent Guide suitable for use in freshmen orientation, and an Orientation Checklist Tool that helps families learn about your institution's health-related policies and resources.

### Strengthen your health and safety initiatives

Opening the lines of communication with families can help you bolster your initiatives. You can use MyStudentBody-Parent's customizable interface to keep families informed about your programs and resources. You can also help families learn about campus safety with Campus Perspectives, a series of audio stories sharing insights from the people who work to keep students safe and healthy.

The MyStudentBody comprehensive program is a complete wellness and substance abuse resource that was developed with \$6 million in grants from the National Institutes of Health. MyStudentBody is geared to a dual audience: sensitively combating the health-related risks of college students while addressing the administrative concerns of campus professionals. All MyStudentBody subscriptions include unlimited access to real-time aggregated data via MyStudentBody-Admin.