



# 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.

MyStudentBody is a comprehensive wellness and substance abuse resource that was developed with \$6 million in grants from the National Institutes of Health. Every institution that subscribes to the program has free, unlimited access to each component, including MyStudentBody-Parent.

To learn more about how MyStudentBody can help you meet the challenges of alcohol, drugs and other student health issues on your campus, visit [www.mystudentbody.com](http://www.mystudentbody.com) or call 877-882-1312.

\* Padilla-Walker, L. M., Nelson, L. J., Madsen, S. D., & Barry, C. M. (2008). The role of perceived parental knowledge on emerging adults' risk behaviors. *Journal of Youth and Adolescence*, 37(7), 847-859.