



Stay Connected

How to Keep in Touch and Provide Support from Afar

1. Establish a communication plan

- a. Find a time for a voice or video call at least once/week

2. Network with other parents

- a. Get roommates' contact info and roommates' parents' contact info
- b. Connect with parents whose kids are in college or who are experiencing similar struggles

3. Be a better listener

- a. Prioritize listening over talking, teaching, questioning, etc.

4. Give honest answers

- a. Respect that your teen is becoming an adult and can handle the truth

5. Don't react in a way that will cut off further discussion

- a. Remain open and non-judgmental

6. Have the hard conversations

- a. Role-play ways to refuse drugs in different situations
- b. Acknowledge how tough these moments can be



Wishing you
PEACE AT HOME