Dear parents and guardians of first-year students,

I am writing to ask for your help addressing an issue that affects college campuses across the United States: the impact of alcohol and other drugs, which can affect individual students and our community as a whole.

Yale College works closely with students to reduce their likelihood of engaging in high-risk drinking, but we can be more successful when we have your help. Students benefit enormously from family guidance on a wide range of values and choices, and alcohol is no different. Indeed, public health research has shown that conversations with parents and guardians during the summer before college help students make better, safer decisions about alcohol once they arrive on campus.

My staff has worked with students, alumni, and public health experts to develop a short handbook, *Talking about Alcohol: A Guide for Yale College Families*, to help you. (There are also versions in [Spanish](#) and [Chinese](#).) The guide offers practical strategies for framing a discussion within the context of your own family values and relationships.

Your student has received a copy of the family guide as well, along with instructions for accessing our required online course, *Work Hard, Play Smart: Making Mindful Choices about Alcohol and Other Drugs*. All incoming undergraduates must complete the course by August 1st. The course provides physiological and sociological information about alcohol and other drugs, and shares strategies from current students on setting limits and navigating challenging situations.

Engaged conversation and mindful decision-making are critical tools for reducing the harms of alcohol and other drugs. More broadly, though, they are core values of Yale College. We are grateful for your help as we prepare to welcome your student to our community.

Yours truly,

Camille Lizarríbar
Senior Associate Dean of Yale College
Dean of Student Affairs