

TAKE CARE DEPAUL: FAMILIES

The Take Care DePaul messaging campaign empowers students, faculty, staff and family members to:
Take Care of Yourself. Take Care of Each Other. Take Care DePaul.

Take Care DePaul has four components:

1. Making healthy and safe choices
2. Employing bystander intervention when appropriate
3. Knowing and using available support/resources when in need
4. Abiding by the code of student responsibility/university policies and laws

Together, this is how we ask students, faculty, staff and families to “Take Care DePaul.”

THE UNIQUE ROLE YOU PLAY AS A FAMILY MEMBER OF A DEPAUL STUDENT

You are an important coach, role model and source of information for your student. You can empower your student to take personal responsibility for their academics, relationships and all other aspects of their lives. We hope you will maintain open communication with your student about difficult life decisions and promote positive choices regarding healthy lifestyle choices, sleeping habits, time management, coping with stress and conflict, alcohol and substance use, and personal relationships.

We encourage parents and families to understand the variety of resources available to students at DePaul, and we hope you will empower your student to use these resources to solve problems and enhance the quality of their lives.*



HOLISTIC HEALTH AND WELL-BEING PREVENTION

Health and Well-being

College is a new and exciting adventure for your student. However, it can feel overwhelming and a bit scary at times, especially in the beginning. As your student becomes more familiar of the expectations for their new coursework, makes new friends and starts to feel like they belong, they might experience some loneliness, sadness, anxiousness and other mixed emotions. College is also a time where students are responsible for all of their daily activities and schedules. It will take some time to get adjusted and to create the healthy behaviors that will support their health and well-being and allow them to thrive at college.

Here are some tips for talking with your student about caring for their health and well-being:

- Listen to your student and provide a space for them to feel heard without judgment and with support.
- Ask them “How are you” every time you talk with them to allow them to tell you what is going on.
- Ask them about their health and what self-care habits they practice every day.
- Ask them about their sleep: “Are you getting enough sleep? Do you feel well rested when you wake up?”
- Encourage them to keep a daily schedule that helps them get to class and events on time.

Visit go.depaul.edu/hpw for programs and resources that support your students health and well-being.

Substance Use

Many new college students experiment with alcohol and/or other drugs as a way to cope with stress, out of curiosity and/or to demonstrate their newfound freedom. We also recognize that many students are living life substance-free or are in recovery. For those who do choose to use, we employ a harm-reduction approach to alcohol and drug education. If a student chooses to consume alcohol and/or drugs, we want to empower them to make the most educated, safest choices possible.

Here are some tips for talking with your student about alcohol and other drugs:

- Share your expectations, concerns and ideas about drinking and drug use with your student.

- Avoid using scare tactics.
- Avoid glorifying your own experiences with drugs and alcohol.
- Review the Guide to Student Housing together if your student is living on campus.
- Encourage your student to seek support if needed.

We also have supports for students who are living substance-free or in recovery. See go.depaul.edu/hpw for support resources.

Healthy Relationships

We strive to educate our students about violence prevention, but this is something we cannot do alone. We need parents, caregivers and mentors to join conversations about violence prevention and healthy relationships. We need your help.

You may be surprised to learn that students often rely on parents for guidance about these issues. We encourage you to have open conversations with your student—regardless of their gender—about dating, sexual relationships, healthy boundaries and consent. The key is to let your student know they can always come to you if they have questions or need support.

By educating yourself about this important issue, you will be better prepared should your student come to you asking questions about how to handle a particular situation. Visit go.depaul.edu/srv to learn more about the university’s process for handling instances of interpersonal violence.

To get the conversation started, keep it simple:

- Look for opportunities to weave topics of sex, gender, dating and communication into everyday conversations. You could talk about a TV show, news story or blog post that relates to these topics, and ask your student what they think about it.
- Talk about consent in sexual interactions.
- Reinforce that at DePaul we take action (employ bystander intervention) when we see someone in a risky situation or someone who needs help.
- Talk about values your family shares, and what these look like in dating and sexual relationships.
- Review DePaul’s statement on prohibiting discrimination, sexual harassment and sexual misconduct together. See go.depaul.edu/adah

and go.depaul.edu/srvpolicy for more information.

- Talk about boundaries, and let your student know that no one has the right to push them further than they want.
- Talk with your student about different options for reporting (confidential versus non-confidential).

See go.depaul.edu/srv for more information.

BYSTANDER INTERVENTION

At DePaul, as part of our Take Care DePaul approach, we promote bystander intervention.

What is bystander intervention?

Bystander intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a way that could positively influence the outcome.

ALCOHOL EDU AND SEXUAL ASSAULT PREVENTION FOR UNDERGRADUATES (SAPU)

AlcoholEDU and Sexual Assault Prevention for Undergraduates (SAPU) are two online modules that all new students are asked to take as part of their Chicago Quarter class.

Whether or not a student drinks, AlcoholEdu empowers students to make well-informed decisions and provides some simple strategies to help keep them and their friends safe. Sexual Assault Prevention for Undergraduates (SAPU) is a program that educates students about the elements of healthy relationships, the importance of sexual consent, and the role of bystanders.

Each module has two parts and the training is considered complete when both parts of each module have been taken. More information about AlcoholEDU and Sexual Assault Prevention for Undergraduates (SAPU) can be found at go.depaul.edu/hpw.

RESOURCES:

Office of Health Promotion and Wellness
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2250 N. Sheffield Ave.
(773) 325-7129
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go.depaul.edu/hpw