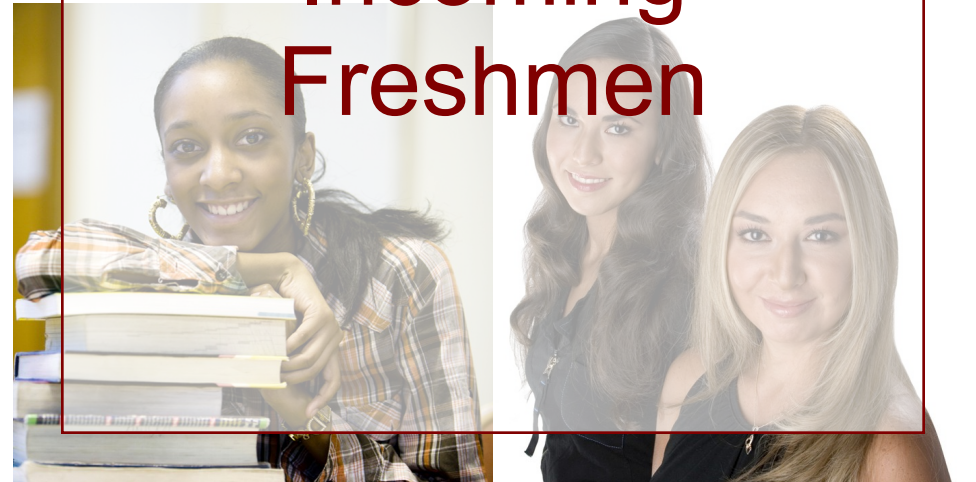




**Creating Opportunities,
Empowering Our World,
Facilitating Access**
OWA
Office for Women's Affairs
owa@indiana.edu www.iub.edu/~owa



Parenting At a Distance: A Guide for the Parents of Incoming Freshmen



Prepared by the Office for Women's Affairs (OWA)
www.iub.edu/~owa

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Helpful Phone Numbers

IU Police Department	812-855-4111
Bloomington Police Dept	812-339-4477
Bloomington Hospital	812-336-9515
Office for Women’s Affairs	812-855-3849
CAPS, Counseling and Psychological Services	812-855-5711
SACS, Sexual Assault Crisis Services	812-855-8900
Center for Behavioral Health	812-339-1691
Student Legal Services	812-855-7867
Student Advocates	812-855-0761
Dean of Students	812-855-8187
IUSA Safety Escort	812-855-7233
Middle Way House.....	812-336-0846
Protective Order Project	812-855-9229
Career Development Center.....	812-855-5234
Campus Bus Service	812-855-8384
Bloomington Transit	812-336-7433
Disability Services for Students	812-855-7578

“The Talk”: A Checklist of Topics to Discuss Before Your Child Goes to College

Fiscal Responsibility: Talk to your student about credit cards and advise her to avoid giveaways and offers that require signing up for a credit card. Work out a weekly budget together, taking into account school expenses and the cost of sundry items. Strongly encourage your child to stay within the budget.

Personal Safety: Stress the importance of sticking to well-lit areas after dark and keeping her headphones off or turned down low when walking at night. Encourage her to walk with others after dark. If she lives in the residence halls, remind her to keep her room locked when she is away, even if it’s just long enough to use the restroom. Advise against sharing her room key. A small lockbox is a good way to keep important documents and cash safe. Encourage your child to know how to get to *and* from destinations when she goes out. Encourage your child to go out with a group of friends, stay with, and come home with a group of friends or a date.

Keeping Up With Schoolwork: Work out an effective way to keep your child motivated and encourage her to use professors’ office hours, tutoring services and study groups as a preventative measure rather than as a last resort.

Responsible Partying: It’s likely that your child will go out and possibly be exposed to alcohol, drugs and uncomfortable personal situations. Instead of telling her not to go out, make her aware of the alternatives (floor parties, student group events, shows on campus...) and encourage safe, smart behaviors in all social interactions.

Getting Involved: IU has much to offer students in the way of extracurricular involvement. Whether they volunteer at the local women’s shelter, join Union Board, student government or become active in a student group. Before coming to IU, your child can investigate various organizations and groups before she gets to campus. That way, during Welcome Week, she’ll be better informed and can possibly begin participating right away! OWA has a list of volunteer options that focus on empowering women.

Building Healthy Relationships: Whether they are platonic, romantic or professional, relationships are one of the most important components of personal development. College relationships can be rewarding, intense and sometimes even bewildering. Healthy relationships are about communicating, respecting, listening, and understanding. Physical violence, emotional abuse and intimidation have no place in healthy relationships. If your daughter is experiencing any of these negative elements of relationships, encourage her to seek help. Our Savant peer educators work to end all forms of relationship violence.

If your child is raped or sexually assaulted...

It is important to consider medical care to get treatment for injury and prevent possible disease. You will also have the opportunity to discuss options for available counseling and for pregnancy prevention. If the rape has just occurred, it is important not to shower or change clothing. If your child chooses to report the assault, a vital part of the police investigation is the gathering of evidence. Medical examinations are available at the IU Health Center on Monday through Friday, and the Bloomington Hospital Emergency room 7 days a week, 24 hours per day.

The Sexual Assault Crisis Service (SACS) is available on a 24-hour emergency basis. Calling the Crisis Service at (812) 855-8900 will put your child in touch with a counselor who can provide her with information and assist in dealing with complex feelings and decision-making. SACS also offers ongoing individual and group counseling to assist in dealing with the emotional effects of rape and assault.

The Office for Women's Affairs (OWA) also serves to help the student communicate with professors during this challenging time, and will advocate directly with the professors, on behalf of the student in order to help the student stay on-track academically.

If your child is experiencing conflict with a roommate or classmate...

Encourage her to consult the student mediation program, located in the Student Advocates office, Owen Hall 200. You can reach them by telephone at 855-0761.

If your child lives in a residence hall and is having problems with her roommate, the floor Resident Assistant (RA) is an invaluable resource. At the beginning of the school year, the RA should negotiate a "Roommate Agreement" for the year so that if problems do occur, the RA can mediate from that document.

If your child is in legal trouble...

Student Legal Services is a non-profit law office that has been serving IUB students since 1971. SLS provides basic coverage in the areas of landlord/tenant disputes, criminal cases, contracts, family law, consumer protection, torts and debt counseling.

Considerations as you "launch" your child into college life at IU Bloomington

Parents of undergraduate students typically experience a mix of emotions as they bring their young adult children to campus and start unloading their possessions in the dorm room. Though we are excited for our children, we are also a little (or a lot!) anxious as well.

The task of launching a child into college can be especially daunting at a campus like IUB where the buildings are huge, the campus acreage is vast, and there are a number of activities with which your student can become involved.

When you return home, whether it is across Indiana or across the world, you will undoubtedly be curious about your child's new surroundings. You may also be concerned for her health, safety and emotional well being. After all, you are still a parent! In light of this, the Office for Women's Affairs (OWA) has put together some resources for parents that will assist you in responding to some scenarios that may arise. Use them to support your child when she calls home, or just keep them at hand for your own peace of mind.

If we can be of further assistance, please do not hesitate to contact us at 812-855-3849 or via email at owa@indiana.edu.

OWA Leadership Team:

Yvette Alex-Assensoh, Dean & Professor of Political Science
Katrina Reynolds, Director of Student and Staff Advocacy
Linda McCammon, Director of Administration
Brandi Masterson, Secretary, Office of the Dean
Eric Mokube, Coordinator of Savant Peer Education & Director of Outreach
Nina Mehta, Assistant Editor & Coordinator of Commission on Personal Safety
Janice Duchene, Coordinator of Women in Science & the Academy Programs

Resources and Support for students at the Office for Women's Affairs

The Office for Women's Affairs (OWA) is a comprehensive resource for students with respect to all aspects of empowerment. Our Office seeks to work proactively with students on matters of equity, personal safety, and self care along with other issues that are important as they work to maintain a healthy balance of educational, work, family and personal roles.

The Women of Vision is a student led group at OWA that has a mission of civic engagement and social responsibility. To that end, these young women plan service projects on campus and in the community, and organize social opportunities that are alternatives to the traditional "party" scene. Encourage your daughter to check out this group! The Women of Vision would love to see her at a game night, a Sister Chat, or out in the community at a service project site!

OWA is also the home of the SAVANT peer educator program, the Gender Incidents Team and the Commission on Personal Safety (CPS). These organizations, which include male and female peer educators, faculty and staff, equip others with the knowledge of how to establish healthy relationships, as well as how to recognize, intervene in and prevent relationship violence, sexual assault and all forms of discrimination and prejudice. Encourage your daughter to be a part of these groups!

Though OWA desires to work proactively, we also assist students in responding to challenging events that have occurred. For example, in conjunction with the Gender Incidents Team, we provide consultation for individuals dealing with concerns about gender-based incidents. We also offer suggestions for coping with and responding to problem situations, assistance with informal resolution, mediation and provide information about other campus resources.

If your child is lonely or having trouble adjusting to a new social environment...

Encourage her to take part in Welcome Week, other residence hall activities or the myriad opportunities available through the First Year Experience Program: <http://www.indiana.edu/~fye>. Whether through attending movie screenings, spelling bees, or game nights, she is sure to meet new people who live in proximity to her.

Tell her to look down. (No, this isn't a typo.) "Chalking" is frequently seen on campus sidewalks and pavements as a way to "call out" to people and advertise events, whether lectures, concerts, parties, or formation of other interest groups.

Ask her to consider joining a group. There are more than 650 student groups on campus so there is sure to be one to fit the social or civic interests of your young adult. To search a comprehensive list, go to: <http://webdb.iu.edu/sao/Search/>.

Remind her to check out the OWA website at: <http://www.indiana.edu/~owa/> where we list activities that are sure to empower, assist her in building healthy relationships, and enhance academic achievement.

If your child is struggling with one or more classes...

Ask her if she has gone to her professor's office hours. This makes a difference! The professor or Associate Instructor can help her identify the problem and explore options for solutions.

Encourage her to see her academic advisor. Every IU student is assigned an academic advisor. If your student doesn't know who has been assigned to her, have her call the UD Advising Office at 855-6768 to learn advisor names/locations.

Encourage attendance at the Academic Support Center and the Writing Tutorial Services Office. There are three Academic Support Centers on campus, open Sunday through Thursday from 7 to 11 pm. Tutoring and other academic support services are available. Writing Tutorial Services has several locations across campus and provides tutorials in academic writing.

If a particularly unusual circumstance is the reason your child is falling behind in one or more classes, she may be able to have a late "Drop" or in extreme cases, a withdrawal from classes. For more information, contact the Student Advocates Office (855-0761) or the Office for Women's Affairs (855-3849).