Welcome back LIVE REAL Mentors!

We have several great LIVE REAL Mentor sessions planned for this spring semester, including two NEW sessions: a Parent-focused session in January and an Alcohol and Sexual Violence session in April. See the bottom of this message for a full list of spring LRM sessions.

Dr. Sharon Query from NDSU 4H Youth Development and Dr. Kent Sandstrom, Dean of the College of Arts, Humanities, and Social Sciences, will be presenting the Parent session on Wednesday, January 29th at Noon in the Hidatsa Room, Memorial Union. Non-parents and parents, alike, are welcome to attend, as the session will focus on modeling, mentoring, and communication from caring adults to children of all ages regarding alcohol and other drugs.

Research clearly shows that parents and other caring adults have an impact in children’s decision-making about alcohol and other drug use throughout their youth and even into early adulthood (Turrisi et al., 2000; Wood, Read, Mitchell, & Brand, 2004). In fact, over 84% of NDSU students reported that their parents expectations about alcohol and other drug use continue to impact their own use decisions once in college (Heley, 2013).

For more information about the impact of parents and caring adults on youth substance use and tips for talking with children of all ages, please join us for the January 29th session. Another great resource to use and share is the Parents Lead website (www.parentslead.org), which provides helpful resources, regular email updates tailored to the ages of your children, and much more.

We hope to see you at some of our LRM sessions this Spring!

Best,

Erika

Spring LIVE REAL Mentor Sessions:

LIVE REAL Mentor - Parent Session: Wednesday, January 29th, Noon (Hidatsa Room)

Attendees will learn about research related to parental modeling and messaging regarding alcohol and other drug use. Tips for talking with children of all ages about drinking and drug use will be discussed and resources for ongoing education will be shared.

LIVE REAL Mentor Basic Sessions: Tuesday, February 25th, 11:30 a.m. (Meadow Lark) & Wednesday, April 30th, Noon (Hidatsa)

An introduction to the LIVE REAL Mentor Program. Participants will learn about the effects of high risk alcohol and drug use and how to take steps to promote an environment of safe and responsible attitudes toward alcohol at NDSU.

LIVE REAL Mentor - Marijuana Session: Thursday, March 27th, 11:30 a.m. (Meadow Lark)
Attendees will learn about the basics of marijuana, use rates at NDSU and nationally, and how to challenge myths and assist those struggling with use.

**LIVE REAL Mentor - Alcohol & Sexual Violence Session: Tuesday, April 1st, 11:30 a.m. (Prairie Rose)**

Attendees will learn about the relationship between alcohol and sexual violence. Social norms regarding sexual behavior and alcohol will be discussed, along with the impact of alcohol on both victims and offenders and the role of alcohol in victim blame.

**LIVE REAL Mentor - Advanced Session: Wednesday, April 9th, 9 a.m. – Noon (Peace Garden), RSVP by April 4th**

Level 2 Training for LIVE REAL Mentors. Participants should have completed the LIVE REAL Mentor Basics program. Attendees will develop an increased understanding of the role of mentors in referring individuals for assistance with substance abuse concerns, gain knowledge of the stages of change, and an increased confidence in recognizing and referring individuals of concern. This will be a 3-hour session incorporating skill-building sessions and participant interaction. Please RSVP to Erika.Beseler@ndsu.edu if you wish to attend.

**References:**

