

Key Conversations

Dean of Students, Wolverine Wellness, OSCR, SAPAC

Michigan Values

Michigan values:

- Civility
- Dignity
- Diversity
- Education
- Equality
- Freedom
- Honesty
- Safety



Healthy Relationships

Of the following characteristics, which is the most important to have in a healthy relationship?

- A. Honesty
- B. Respect
- C. Open communication
- D. Trust

Healthy Relationships

- Reflecting on your own personal values about relationships will help you have an open and honest conversation with your student.
- Help your student develop their own values concerning relationships.
- Encourage your student to make decisions based on their own personal values, rather than the values of others.
- Listen to what your student has to say without judgment.

Consent

True or False? Most incoming first-year students at U-M know how to get consent for sexual activity.

How to get consent

- Verbal (or a mutual understanding by both parties in a language that they share)
- Enthusiastic
- Sober

Learning the importance of receiving consent for all sexual activity is an important skill that your student will use through the course of their life.

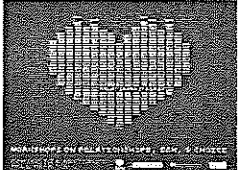
Relationship Remix provides workshops on relationships, sex, and decision making for first-year students in residence halls.

Notes:

M STUDENT LIFE

Consent

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Alcohol & Other Drug Issues


Which of the following best describes how you view alcohol use by first-year students?

- It is illegal and they should not do it
- Many college students drink. It is part of college—let them have some fun
- A young adult brain is still developing, so I believe alcohol use should be prevented
- I do not mind as long as they get good grades
- I worry that students feel social pressure to drink and are unsure how to say “no”

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Alcohol & Other Drug Issues

- Excessive alcohol and other drug use are top public health issues on college campuses
- Excessive substance use disrupts sleep, mood, relationships, and brain development in traditional college-age years
- UM enforces all State of Michigan laws, including those related to alcohol and other drugs
- We have thousands of non-drinkers on campus, and most of those who choose to drink do so moderately
- Communication goes both ways (FERPA)



M STUDENT LIFE

What We're Going to Do

With more than 42,000 students on campus, Michigan can be an intimidating place.

Student Life creates communities that make Michigan feel more personalized and connected.



M STUDENT LIFE


What We're Going to Do

We help students make Michigan their own.

We are working to shift the collegiate paradigm so that all students prioritize their personal health and wellness.

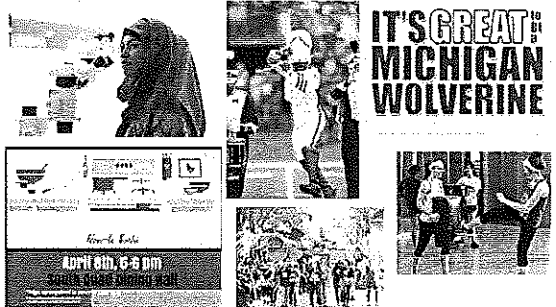
U-M Health and Wellness Common Agenda

- Integrate health and wellness as part of success
- Build resilience to manage the fluctuations of life
- Make thoughtful choices that reduce harms & promote wellbeing
- Find meaning and purpose



M STUDENT LIFE

What Your Student Can Do



IT'S GREAT TO BE MICHIGAN WOLVERINE

APRIL 8th, 9 & 10th
SCHOOL OPEN HOUSE

YOU MIGHT ASK...

Who are relationship role models for you and why? What are qualities that you value in a relationship? If you are upset by something, how will you talk about your feelings and needs? What resources might you utilize if you're unable to resolve a conflict in your relationship?



Conversation Catalyst

CONSENT & COERCION

What is consent?

Consent is when someone agrees to sexual activity with someone else. It is always freely given and both people must feel that they are able to express yes or no at any point during sexual activity. The partner escalating sexual activity must obtain consent before proceeding.

What is coercion?

Coercion is a tactic used by individuals to intimidate, trick or force someone to have sex with them without physical force.

If your student chooses to be sexually active, he or she should understand the importance of both giving and receiving affirmative, verbal and sober consent for all sexual activity.

YOU MIGHT ASK...

How do you let your partner know what you do and don't want? How do you know if you have received consent? What do you do if you've been drinking and are considering having sex?



Conversation Catalyst

STALKING

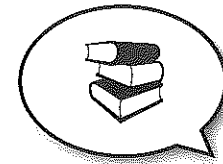
Stalking involves continued or repeated harassment made against the wishes of another. Talk with your student about the various unwelcome behaviors that can signify stalking: excessive phone calls, texts or messaging through social media and unexpected and unwelcome visits.

ASK YOUR STUDENT...

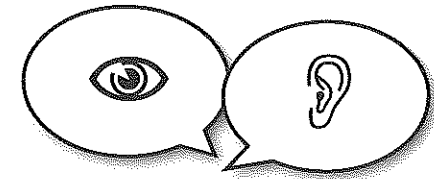
How would you handle intense emotions around a relationship that ended or didn't progress in a way you were okay with, especially if you didn't understand it? What would you do if you felt uncomfortable by repeated behavior of another person? Are you aware of the campus resources available that might help?



Community Matters



Resources for Your Student



Important Conversations for parents & students



Wolverine Wellness, University Health Service, Student Life
207 Fletcher Street, Ann Arbor, MI 48109-1050
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STUDENT LIFE
UNIVERSITY OF MICHIGAN

RESOURCES for STUDENTS

THE DEAN OF STUDENTS OFFICE (DOS)

promotes student development and enhances the U-M student experience through partnerships, connections, direct support and policy development that promotes an inclusive campus climate and facilitate students' successful navigation of campus life.

The University of Michigan has high standards of civility and respect for differences. If your student feels they have experienced or witnessed a hate or bias incident, DOS can offer advice and support.

REPORT INCIDENTS TO:

urespect.umich.edu

or call

Dean of Students Office (734) 764-7420

Monday - Friday 8AM-5PM

After business hours/weekends call:

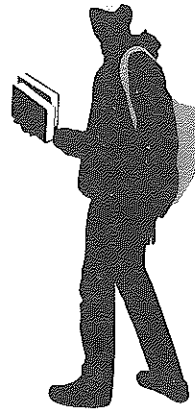
UM Police Department (734) 763-1131

In an emergency call **911 for assistance**

TALK WITH YOUR STUDENT this summer about these resources, so they will know where to go for support and services:

- **Dean of Students Office**
(DOS) 734-764-7420 or deanofstudents.umich.edu
- **Sexual Assault & Prevention Awareness Center**
(SAPAC) 734-764-7771 or sapac.umich.edu
- **Office of Student Conflict Resolution**
(OSCR) 734-936-6308 or oscr.umich.edu
- **Wolverine Wellness**
734-763-1320 or umich.edu/wolverine-wellness
- **Beyond the Diag** beyondthediag.umich.edu

This program is a resource for students in off-campus student neighborhoods that aims to increase the sense of community among residents in Ann Arbor. Most students sign off-campus housing leases (for the following year) during their first semester at U-M.



IMPORTANT CONVERSATIONS between parents and students

Here are conversation starters to have with your student about a variety of issues they may encounter:

1

Conversation Catalyst

PERSONAL & INSTITUTIONAL VALUES

The “**Give it. Get it. Expect Respect**” initiative was created for use by all members of the university community. A positive campus climate is safe and inclusive, which allows everyone the chance to succeed academically and socially. It can shape our large school into a community because a positive climate has a sense of belonging, a sense of home. It respects and honors diversity. Bias and hate are not welcome.

Students can create and maintain a respectful and inclusive environment that provides the support and opportunity necessary for each member of our community to prosper and achieve. These accomplishments can only be fully realized in a space where we value and celebrate both our similarities and differences.

ASK YOUR STUDENT...

How will you stand up for someone who is not being treated with respect? Has anyone ever done this for you?

2

Conversation Catalyst

ABSTAINING or DRINKING in a LOW-RISK WAY

If your student is planning to abstain, **ASK...**

How will you handle an invitation to drink? or How will you learn about the activities and events on campus to support your choice not to use alcohol?

Some students go to parties with alcohol and don't drink. Most choose fun events that don't include alcohol, like UMix, movies, playing late night basketball at the CCRB or just hanging around with friends. For a list of events and activities, go to: events.umich.edu

If your student plans to drink, **YOU MIGHT ASK...**

What specific ways will you keep yourself from drinking too much? or What will do you if punch is the only drink available at a party? or What do you know about the relationship between blood alcohol content and negative consequences?

Discuss accountability if your student is documented for a U-M policy violation, receives a Minor in Possession (MIP) ticket or otherwise breaks the law.
uhs.umich.edu/lawsandpolicies

3

Conversation Catalyst

HEALTHY RELATIONSHIPS

Brainstorm with your student about what makes a healthy relationship - whether it is with a romantic partner, a friend or a family member. Some points to touch on:

- Reflecting on your own personal relationship values will help you have open and honest conversations with your student.
- Help your student develop their own values concerning relationships.
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