



## Parents and Families:

Indian Hills Community College understands that the college experience extends far beyond academics, with the social development skills practiced during these years providing the foundation for future success. Students are faced with many challenges during their college years including exposure to alcohol and drugs. Our dedicated team of educators and college health professionals is always looking for innovative ways to enhance our comprehensive alcohol and drug strategy.

Indian Hills is pleased to offer MyStudentBody®, a comprehensive program that delivers reliable college health information to students with customizable content across each campus. Developed through work with college students and nationally renowned experts, MyStudentBody tackles the most relevant health issues on college campuses today, including alcohol, drugs, sexual health, nutrition, stress, and tobacco. The MyStudentBody comprehensive program provides students with valuable information, and aims to improve your student's daily life and all around health.

### *What does this mean for your student?*

MyStudentBody features online courses about alcohol and drugs that are used in schools nationwide as a requirement for first year students. Providing online education through a flexible interactive design, the MyStudentBody courses teach students about alcohol, drugs and other addictive substances. The goal of the course is to increase students' knowledge, decrease harmful behaviors, and provide information to help students make good decisions. Indian Hills requires **ALL** students to complete the MyStudentBody online courses about alcohol and drugs before registration of their second term. If not completed, students will be restricted from registering for classes until the courses are complete. Please note that all student responses will remain confidential. Students will receive information with more details at orientation, through email, and is available on the Indian Hills website.

### *What does this mean for you?*

Students rely on their parents for support and guidance throughout their college career. MyStudentBody-Parent gives you information about how you can help your student face challenges related to alcohol and drugs head on. We encourage you to visit MyStudentBody-Parent for practical suggestions and strategies to ease the transition to school. Video conversations, interactive tools, and school specific information will help you feel more confident while talking with your student. You can access the program by going to [www.mystudentbody.com](http://www.mystudentbody.com) and creating an account using **indianhillsparent** as the school code.

We are happy to provide this service to you and your students. Please feel free to share any questions or comments that you may have with regard to our on-campus alcohol and drug policy and practices. Together we will help your student succeed!

#### **About MyStudentBody.com®**

**MyStudentBody** is the most comprehensive web-based alcohol and drug education program for college students. This online program takes an evidence-based, comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students.

**MyStudentBody** engages both students and parents in effective prevention strategies and provides administrators with the data needed to effectively target, evaluate, and strengthen campus prevention initiatives. To find out more, please visit [www.mystudentbody.com](http://www.mystudentbody.com).