

## **Tips for Keeping Your Teen Safe at Parties**

One of our toughest challenges is to help our students avoid the perils of alcohol and drug use. Here are some tips to keep them safe at parties.

When the party is at your house:

- Limit party attendance. Do not allow the “open party” situation.
- Set a time for the party to end.
- Designate “off limits” rooms in your house.
- Remove any family liquor from accessible areas.
- Invite other adults to help chaperone.
- Be visible.
- Occasionally check on food and drinks. Monitor your yard.
- No leaving the party and then returning.
- Open cans and containers cannot be brought to the party.
- Backpacks and coats must be left at the door.
- Never allow anyone that you suspect is under the influence to drive.
- If unwanted guests refuse to leave don't hesitate to call the police.

When the party is elsewhere:

- CALL the host parent, offer to send snacks, get assurance that they will be present and that alcohol or drugs will not be permitted.
- Know how your child will get to and from the party.
- Verify any plans to stay overnight with the host parent. Be wary of impromptu sleepovers.
- Establish firm clear rules against driving under the influence or riding with someone who is under the influence.
- BE AWAKE when your child comes home or have him\her awaken you to assess whether your child has been using drugs or alcohol.