



Parenting Is Prevention

#13



What's the biggest deterrent to your teen using alcohol, tobacco and other drugs?



You. Research shows that parents are the #1 influence on teens' decisions to use or not use alcohol, tobacco, and other drugs.

Teen Parties

Parties are an important part of many teenagers' lives; they are an outlet for socializing, relaxation, and entertainment. As parents, we can help our teens avoid problems at parties that can lead to unwanted and tragic consequences.

This tip sheet provides suggestions for parents about how to 1) help your teens plan and host parties that are safe and fun; and 2) prepare your teens to make healthy decisions when they attend parties outside your home.

Missoula Underage Substance Abuse Prevention (MUSAP)

MISSOULA FORUM  FOR CHILDREN & YOUTH

435 Ryman * Missoula, MT 59802 * www.MissoulaForum.org



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Parents Make the Connection

If the Party's Elsewhere...

- ◆ Obtain the name, address and phone number of the party giver.
- ◆ Contact the parents of the party giver to get specifics. Make sure a parent will be present and that alcohol and other drugs will not be permitted.
- ◆ Discuss curfew and how your teens plan to get home.
- ◆ Be sure they know they can call you at any time for a safe and early ride home.
- ◆ Discuss with your teens what to say and do if alcohol or other drugs are offered.
- ◆ Be awake or have your teens wake you when they get home.
- ◆ Require that any arrangements to stay overnight be made ahead of time, not last-minute.

If the Party's At Your House...

- ✓ Before the party, discuss ground rules with your teen. Decide on a guest list and set a start and end time for the party.
- ✓ Be clear about the law: no underage drinking or other drug use. You could be held criminally and civilly liable for any consequences resulting from underage drinking. If you keep alcohol in your home, make sure it's not easily accessible.
- ✓ Share responsibility for hosting the party with your teen. Have your teen explain and help enforce the rules.
- ✓ Stay at the party. Be visible and available.
- ✓ Do not allow guests to come and go and be prepared to ask guests to leave if they refuse to cooperate with your rules.
- ✓ Notify the parents of any teen who arrives drunk or stoned and don't let the teen drive.



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