

## What Adults CAN Do

- Be aware that most teens drink at home or at their friend's home.
- Refuse to purchase alcohol for anyone under 21.
- Refuse to allow anyone under 21 to drink alcohol in your home or on your property.
- Be a good role model. If you use alcohol, use it in moderation.
- Connect with other parents. Getting to know other parents can help you keep closer tabs on your child.
- Hold your ground! Don't provide, ignore or excuse the use of alcohol or drugs with youth.

## What Youth CAN Do

- Chem-Free is not always easy...It's tough having to say "no" to a friend or someone you thought you wanted as a friend.
- When inviting friends to attend a party be clear and tell them it is "chem-free" and alcohol or drugs will not be allowed.
- How do you say "no," or turn down something like alcohol or drugs that are offered to you?
  1. Give A Reason: You can blame your parents "If my dad smells alcohol on me, I'm grounded for a month" or "It's bad for you...why start?" Be clear and confident when you give a reason why you don't want to do it.
  2. Change the topic to shift attention.
  3. Walk away or ignore the offer.



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A grant funded project sponsored by  
Cumberland County Government  
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# A Family Guide for Teen Parties

A special thank you to the Royal Oak Prevention Coalition, the Alliance for Coalitions for Healthy Communities and Keep Kids Drug Free Foundation for excerpts for this brochure content.

"This brochure was developed under grant #H79SP016497-01 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of ONDCP, SAMHSA, or HHS."

## HOSTING a Party

- 1. Set ground rules WITH your teen when planning the party.**
  - \* Let your teen know that alcohol and other drugs will not be permitted.
  - \* Set time limits for the party.
  - \* Limit attendance to the guest list.
  - \* Anyone who shows the influence of alcohol will be taken home.
  - \* Party-goers cannot leave and return.
  - \* Restrict the party to a certain part of the house.
- 2. Parent's role DURING the party is to:**
  - \* Be present and monitor the situation often.  
Refill snack trays, etc.
  - \* Be alert to signs of alcohol or other drug use. If a guest arrives in an impaired condition, be willing to call his/her parents for safe transportation home. Do not let anyone drive under the influence of alcohol or other drugs.
- 3. Avoid problems.**
  - \* Remove easy access to alcohol or other drugs (lock up prescriptions).
  - \* Have plenty of food and non-alcoholic drinks.
  - \* Get to know your teen's friends and their parents.
  - \* Encourage shared chaperoning.
- 4. Know your liability.**
  - \* It is illegal to offer alcohol to guests under the age of 21 or to allow drug use in your home. You may be brought to court for criminal charges and /or have to pay monetary damages in a civil lawsuit.
- 5. Monitor your home.**
  - \* Make certain your teen knows he/she is never to have a party if you are away. Establish ways to monitor through neighbors, friends, and law enforcement.

## ATTENDING a Party

- 1. Know where your teen will be.**
  - \* Get the address and phone number.
  - \* Let your teen know that you expect a call if the location changes.
- 2. Contact the parents of the party-giver in order to:**
  - \* Verify the occasion and offer to help.
  - \* Make sure that a parent will be present and will be monitoring activities.
  - \* Be sure that alcohol and other drugs will not be present.
- 3. Know how your teen will get home from the party.**
  - \* Make sure they know who they can call if needed.
  - \* Make sure you know how to reach them.
- 4. Discuss with your teen how to handle a situation where alcohol or other drugs are available at the party.**
  - \* Let your teen know what YOU expect.
  - \* Devise a "code word or phrase" for the teen to use to exit the party gracefully. This code phrase, such as, "How is Cousin...?", tells you that your teen wants to leave the party early and is asking you to come and get them.
- 5. Make sure your teen knows what time to be home.**
  - \* Be awake when your teen arrives home.
  - \* Recognize compliance with curfews and enforce consequences if necessary.
  - \* Have a brief conversation to assess your teen's condition.
- 6. If your teen wants to stay overnight with a friend after the party.....**
  - \* Verify with the friend's parents that they know about the invitation and approve.
  - \* Confirm that the friend's parents will be home and awake when the teens get to their home after the party.

## REAL Health Risks & Legal Consequences

1. New research suggests that *alcohol causes more damage to the developing brains of youth than was previously thought.*
2. 40% of those who begin drinking alcohol before the age of 14 become alcohol dependent at sometime in their lives, compared with 9% who wait to start drinking alcohol until at least age 21.
3. Binge drinking of alcohol (more than 5 drinks in a row) has even more alarming physical damage. *Brain areas crucial for learning and memory are negatively affected.*



4. The American Medical Association found that *teens who used alcohol scored worse on vocabulary, visual-spatial tests (the ability to think in pictures and images), and memory tests.*
5. Teens who use alcohol or drugs are more likely to become *sexually active at earlier ages and to have unprotected sex* than teens who do not drink or use / abuse drugs.
6. Parents and other adults can be prosecuted for providing alcohol to those under 21. This can result in fines and / or jail time.