

What Adults Can Do

- Be aware that most teens who drink will drink at home or at their friend's home.
- Refuse to purchase alcohol or marijuana for anyone under 21.
- Refuse to allow anyone under 21 to drink alcohol or use marijuana in your home or on your property.
- Be a good role model. Show teens you can have fun without alcohol or drugs.
- Connect with other parents and ask for their contact information. Getting to know other parents can help inform you about their rules and expectations.
- Hold your ground! Don't provide, ignore or excuse the use of alcohol or drugs by youth.

What Youth Can Do

- Substance-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 "substance-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?
 - ▶ You can blame your parents "If my dad smells it 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.
 - ▶ Change the topic to shift attention.
 - ▶ Walk away or ignore the offer.

A Family Guide for Teen Parties

Tips to help your teen celebrate safely



Casco Bay CAN TOGETHER, PREVENTING YOUTH SUBSTANCE USE

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Anonymous Tip Line: Text "UCANTIP" with your tip to 274637

HOSTING A PARTY

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 or drugs will either be taken home or parents need to pick them up.
- Party-goers cannot leave and return.
- Restrict the party to a certain part of the house.

Parent's role during the party is to:

- Be present and monitor the situation often. Refill snack trays to check-in.
- 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.

Avoid problems.

- Lock up your alcohol, marijuana and prescription medications.
- Have plenty of food and non-alcoholic drinks.
- Get to know your teen's friends and their parents.
- Ask other parents for help monitoring.

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. Also, homeowners insurance could increase.

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

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.

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.

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.

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, "I forgot to feed the dog today," or just texting the letter "X" tells you that your teen wants to leave the party early and is asking you to come and get them.

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.

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.