

Tips for Holiday Parties & Sleepovers

When Your Teen is Giving a Party or Sleepover

- Plan in advance.
Talk over party plans with your teenager and know the guest list. This way you can curb the “open party” situation. No guest list, no party.
- Agree to rules ahead of time. These might include:
No tobacco, alcohol or other drugs PERIOD.
No leaving the party and then returning.
No gate crashers allowed.
Lights are to be left on.
Some rooms in your house are off limits.
- Make it clear that anyone violating the rules will have to leave.
- Set a time limit.
Set a start and ending time – not too long. Consider daytime parties as an option.
- Invite another parent, relative or couple over.
Other adults are company for you and can help with any problems.
- Know your responsibilities.
IT IS ILLEGAL to serve alcohol to minors. You are responsible for anything that happens to a minor served alcohol or other drugs in your home and on their way from your home.

When Your Teen is Going to a Party or Sleepover

- Call the host.
Check for parental supervision and that no alcohol will be allowed.
- Be aware.
Know where your teen is going and with whom. If you don't know the host parents, introduce yourself and get their address.
- Make it easy for your teenager to leave the party.
Tell your teenager if there is drinking and (s)he needs to leave the party to call you for a ride home. Urge the teen to NEVER ride with anyone who has been drinking. Have an understanding that there will be no punishment for a call letting you know things are getting out of hand. Always praise your teen for asking for help out of a dangerous situation.
- Be up to greet your teenager when (s)he comes home.

