

## Parent Tips



## *Suggestions for Parents*

### *When you're away from home or out of town*

- Set and communicate rules and standards to be followed in your absence.
- Do not allow underage youth to have unsupervised parties or gatherings.
- Remind them of their responsibilities and the consequences of their actions.
- Have a relative or responsible adult stay at your home during your absence, have your teenager stay with a responsible adult or ask a neighbor to watch the house and stop in while you are gone.
- If you are concerned that your child might have a party anyway, you can call your local police and ask them to drive by at some point over the time you are gone. Make it a point to tell your child that you have asked the police to do this.

### *If your teen is attending a party*

- Know where your child will be. Call the parent in charge to verify the occasion and location of the party and ensure there will be adult supervision.
- Ask how many teens are expected at the party and offer to help supervise or provide refreshments.
- Make certain that the host will not be serving or allowing alcohol. Ask how they plan to handle the situation if a teen shows up with alcohol or having drunk somewhere else.
- Indicate your expectations to your child and the parent hosting the party that if the teens plan to leave and go somewhere else, you will want to know.
- Set a curfew for your teen to be home and when they arrive home, have them check in with you.
- Know how your child is getting to and from the party. Reinforce the message to your teenager that they should never allow someone who has been drinking or using other drugs to drive them anywhere.
- Assure your child that they can telephone you to be picked up whenever needed.
- If the activity seems inappropriate, express concern and keep your child home.

### *Other ideas*

- Get to know your children's friends and their parents.
- Find out their policy on alcohol, drug and tobacco use.
- Remember, it is illegal to serve minors!
- Encourage alcohol-free and drug-free parties and activities for underage youth.

NY Parents who Host Lose the Most  
National Council on Alcoholism and Drug Dependence-Rochester Area  
A program of DePaul Addiction Services

*Parents Who Host Lose the Most is a program developed by Ohio Parents for Drug Free Youth.*