

# Party Guidelines for Parents

## Guidelines for Hosting a Party

### **1. SET THE GROUND RULES WITH YOUR CHILD BEFORE THE PARTY**

- Let your child know what you expect
- Stick to agreed-on rules
- Party ground rules should include:
  - No Alcohol, Tobacco, or Other Drugs (ATODs) served or brought in
  - NO leaving party and returning
  - NO gate crashers
  - Lights on
  - Set a time limit for party
  - Limit party attendance

### **2. A PARENT SHOULD BE AT HOME DURING THE PARTY**

- Decide what part of the house will be used for the party (location is key)
- Have one entrance into and out of the party
- Greet guests and be on hand when they leave
- Check guests' coats, bags, water bottles, or any other carry-ins
- Serve refreshments (refreshing the food and non-alcoholic beverages is a great way to check-in on the party)
- A college age sibling or elderly grandparent is not an appropriate chaperone

### **3. IT IS ILLEGAL TO OFFER ALCOHOL TO GUESTS UNDER 21 OR TO ALLOW GUESTS TO USE IT IN YOUR HOME OR ON YOUR PROPERTY**

- Be alert to the signs of ATOD use. Guests who try to bring in contraband or are uncooperative should be asked to leave. If need be, call parents and/or police if unwanted guests refuse to leave
- Notify the parents of any person who arrives at the party under the influence of any alcohol or any other drug
- DO NOT LET ANYONE DRIVE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS

### **4. OTHER IDEAS**

- Avoid easy access to ATODs in your home
- Get to know your child's friends/parents
- Alert other parents to any local youth ATOD problem that might affect their children
- Encourage shared chaperoning
- These guidelines are in effect at all parties, whether planned or spontaneous

## Guidelines for Attending a Party

### **1. KNOW WHERE YOUR CHILD WILL BE**

- Obtain the address and phone number of the party-giver
- Let your youth know that you expect a phone call if the location changes

### **2. CONTACT THE PARENTS OF THE PARTY-GIVER TO:**

- Verify location
- Offer assistance
- Make sure a parent is present
- Inquire about the rules that have been established about drinking
- Find out time limit of party
- Find out who is invited to the party
- Find out if guests over 21 are invited
- Find out if any activities are planned
- Be certain that ATODs are not permitted

### **3. KNOW HOW YOUR YOUTH WILL GET TO AND FROM THE PARTY**

- Even if other teens are drinking, your expectations are they still will not
- Assure your child that you or a specific friend can be called for a ride home
- Discuss with your child the possible situations in which they might need to call
- Have a plan set if your child does call. This can include a "code word" to use if surrounded by friends when calling
- Stipulate that your child should not drive themselves if they have been drinking or get in the car with any driver who has also been drinking

### **4. YOUNG PEOPLE SHOULD KNOW WHAT TIME THEY ARE EXPECTED TO BE HOME**

- Establish a curfew with your child in advance
- Be awake or have your child wake you when they arrive home
- Spontaneous sleepover arrangements should always be confirmed with host parents, but are best avoided if possible

