

Other Information You Should Know

Hotel rooms are often rented for all-night parties, especially after dances and special events. Be sure to inquire whether this is the case and discuss with your teen the issues surrounding hotel rooms, etc.

Students party at parks, beaches, and at summer homes. Cottages may be used without parents' knowledge or permission. Keep tabs on any second home you might have.

Many students feel that in order to enjoy attending dances, concerts, sporting events, etc., they must "party" beforehand, so stay alert.

College students often allow younger siblings to drink heavily during campus visits. Discuss this with the older brother or sister, and insist that they protect their siblings.

Some teens have fake IDs and/or know how to get them. Make sure your teen is aware of the severe penalties in Illinois for possession of a fake ID.

Teens often help themselves to substances in the home.. Secure your inventory of alcohol and prescription drugs to discourage temptation.

Want more information about underage drinking? Need help getting the conversation going? Visit: www.speakupflb.com.

Want to get involved? Join the Lake Forest/Lake Bluff Underage Drinking Prevention Coalition. Just email us at SpeakupFLB@gmail.com. Or call 847.295.9075.



What to do if your son/daughter comes home drunk or stoned:

IF HE/SHE IS INCOHERENT, CALL 911.
Alcohol poisoning or overdose may be occurring, risking their lives.

That night

Try to remain calm.

Attempt to find out what substances he/she has taken and under what circumstances.

Indicate that you will talk to him/her about this the next day.

Send your child to bed and check on him/her frequently during the night.

The Next Day

Have a talk with your child immediately, letting him/her know you will be monitoring activities more closely in the future.

Discuss consequences for your child's actions, making sure both parents are on the same page.. Make the consequence realistic ("grounding for life" doesn't work!)

Establish guidelines for behavior with your child as well as curfews for going out with friends. Expect compliance.

Don't have the discussion with your child if you are too angry to talk about it without losing your temper. Wait until you can discuss it calmly. Don't try to hide the incident from other family members.



400 E. Illinois Rd.
Lake Forest, IL 60045
(847) 295-9075

www.leadweb.org

February 2009

P A R T Y

B O O K L E T

Tips for Parents When Teens Gather

There are many pressures on our youth to use alcohol and drugs, the greatest coming from their peers. Adults can add to the confusion about acceptability of drinking if they do not monitor teen gatherings.

This booklet is designed to help parents guide their teens when hosting or attending parties.

Each family should use this booklet to establish consistent standards in light of their own values and attitudes.

Remember, these are guidelines. Some may be too restrictive or too permissive for some families.

We recommend parents come together to discuss mutual challenges of parenting and offer support of one another. Parents should not feel isolated in their efforts. By supporting one another, consistent standards can be established that will help all of us in our community. Remember, parents can be held liable for a minor's behavior in their home.



Your Teen Hosting A Party

Set basic ground rules with your teen before the party.

Let your teen know what you expect.

Check the guest list with your teen and know who is attending. Do not allow an "open party" where it is difficult for parents or the young host to keep control. The party must be "invitation only."

Pass out or send invitations—include your phone number and welcome calls from parents. Don't text or email invitations. They can be forwarded to a large number of people in a short amount of time!

Set a definite starting and ending time, enabling teens to be home before the legal curfew.

Set rules ahead of time, such as no alcohol, tobacco or other drug use. A parent must be home during the party.

Try to help your teen find things to do during the party that don't involve drinking.

Establish the rule that once guests leave they can't return. This will discourage teens from leaving to drink or use drugs and then come back to the party.

Insist that backpacks be left at the door. Do not let them bring their own water bottles or other beverages. Only allow beverages that you serve them. If a sleepover is involved, this becomes more challenging and regular monitoring is recommended.

Limit the party to a certain area of your home. Pick where guests will be most comfortable and where you can maintain adequate supervision. Check the area before the party if you are suspicious. Leave the lights on.

Make regular visits to the party area with sensitivity to teens' needs for privacy and independence. Bring food! Stay aware of what is happening during the party.



Call parents of any teen who arrives in possession of alcohol or under the influence. Be sure they are transported home safely by a responsible adult.

Stress that the responsibility for hosting a party belongs to both you and your teen. Both of you need to know the law and consequences of serving alcohol and other drugs. You may be legally responsible for anything that happens to a minor who has been served alcohol or drugs in your home.

DO NOT ALLOW ANYONE TO DRIVE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.

Remember, it takes HOURS for a youth who has been drinking to become sober, no matter what time of day or night!

Make sure you are aware of the local laws and ordinances about alcohol.

Help your teen clean up after the party. If they insist on doing it alone, you might want to do some checking of your own.

If, despite your precautions, things get out of hand, do not hesitate to call the police for help, or encourage your teen to do this.

When You Are Not Home or Out of Town:

Set and communicate rules to be followed during your absence.

Do not allow your children to have unsupervised parties or gatherings.

Have a relative or responsible adult stay at your home during your absence, have your teen stay with a responsible adult, or ask a neighbor to watch your house and stop in while you are away.

If you are concerned your teen will have a party anyway, call the local police and ask them to drive by. Make it a point to tell your teen you have asked the police to do this.

Your Teen Attending a Party

Know where your teen will be. Obtain the name and address of the party giver. Verify with the parent of the party giver that the party will be chaperoned. Offer assistance or food.

Let your teen know you expect a call if the location of the party is changed.

Be sure your teen knows when he/she is supposed to be home and have them check in with you when they return home. Teens will be less likely to get into trouble if they know they have to say goodnight to you after arriving home.

Know how your teen is getting to and from the party. Reinforce the message that they should never allow someone who has been drinking or using other drugs to drive them anywhere.

Assure your teen that he/she can call you to be picked up whenever needed. If you are unavailable, have a specific adult that can be called. Be sure your teen has the phone number.

If your teen stays with a friend overnight, verify with the friend's parents that they want your teen to stay over, that they will be home, and you both agree on curfew hours and other basic house rules. If possible, don't allow "spontaneous" sleepovers.

Thank the party host's parents the next day. This gives you an opportunity to check the party's outcome, and reinforce the informal parent network.

Listen to what your teen has to say about the kinds of pressures he/she is facing, and help him/her to think of ways to resist these pressures.

Encourage your child to use you as the "heavy" when being pressured to do something unhealthy or illegal. For example: "Sorry, I'd better go home now. My mom will ground me if I stay out past curfew."

