

## Other Information

Secure your supply of alcohol and prescription drugs to discourage temptation. Teens may try to help themselves to substances in the home.

Some teens may feel that in order to enjoy dances, concerts, sporting events, etc. they must "party" beforehand, so stay alert.

Some kids have fake ID's or know how to get them. Make sure your teen is aware that using a fake ID in Illinois is punishable by 1-3 years in prison and up to \$25,000 fine.

*Want more information about underage drinking? Need help starting a conversation? Visit [www.mcyaf.com](http://www.mcyaf.com)*

*Want to get involved? Join MCYAF, a community coalition dedicated to reducing underage alcohol and drug use in Maine Township.*

Email us:  
[info@mcyaf.com](mailto:info@mcyaf.com)

Call us:  
(847) 858-7090



### What To Do if Your Child is Drunk or High

If your child is unconscious, CALL 911. This may be a sign of alcohol poisoning which could risk his or her life.

If your child is conscious...

#### That Night

Try to remain calm.

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

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

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

#### The Next Day

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 consequences realistic. (Grounding for life doesn't work!)

Establish guidelines and rules for behavior with your child. Expect compliance.

Don't have a discussion with your child if you are too angry to talk without losing your temper. Wait until you can discuss it calmly.



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# PARTY BOOKLET

## Tips for Parents When Teens Get Together

This booklet is designed to help parents guide their teens when they host or attend parties.

When adults support, guide and monitor teens, youth are more likely to make healthy choices to avoid alcohol and drugs.

Families should use this booklet to establish consistent standards, taking into consideration their values and attitudes.

Remember, these are guidelines. Some may be too restrictive or too permissive for your family.

Ideally, parents support each other by setting consistent standards in their homes and in the community that help both adults and youth.



## When Your Teen Hosts a Party

Set basic ground rules and expectations with your teen before the party.

Have your teen create a guest list. Only those invited may attend. Do not allow an open party where it's difficult for parents or the teen host to keep control.

Set a definite start and end time, so teens can be home before the legal curfew.

Set clear rules ahead of time, such as NO alcohol, tobacco or other drug use.

A parent **must** be home during the party.

Once guests leave, they can't return. This discourages teens from leaving to drink or use drugs and coming back to the party.

Only allow beverages that you serve. Don't allow water bottles or other beverages to be brought in. Insist that backpacks, purses and coats be left at the door. If a sleepover is involved, this becomes more challenging. Regular monitoring during the sleepover is recommended.

Limit the party to a specific area of your home where guests will be comfortable and where you can adequately supervise. Check the area before the party. Lights should remain on.

Make regular visits to the party area, being sensitive 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 with alcohol or is under the influence. Be sure he/she is taken home safely by a responsible adult.

The responsibility for hosting a party belongs to you and your teen. It is against the law to provide alcohol or other drugs to minors. You are legally responsible for anything that happens to a minor who is served alcohol or drugs on your property.

Don't allow anyone to drive under the influence of either alcohol or drugs.

Help your teen clean up after the party. If he or she insists on doing it alone, do some checking on your own.

If things get out of hand despite your precautions, don't hesitate to call the police for help, or encourage your teen to call.

## When You Are Out of Town or Not Home

Set and communicate rules to be followed during your absence.

Do not allow your child 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're concerned your teen will have a party anyway, call the local police and ask them to check on your house. Make a point to tell your teen you've asked the police to do this.

## When Your Teen Attends a Party

Know where your teen will be. Obtain the name and address of the party host. Offer help or food. Call the parent of the party host to verify that the party will be chaperoned.

Know how your teen is getting to and from the party. Reinforce that he or she should never allow someone who's been drinking or using drugs to drive them anywhere.

Let your teen know you expect a call if the party location changes.

Be sure your teen knows when to be home, and wait up for him/her. Teens are less likely to get into trouble if they know they have to say good night to you after arriving home.

Assure your teen that he/she can call you to be picked up whenever needed. If you're not available, have another adult that can be called. Be sure your teen has the phone number.

For sleepovers, verify with the friend's parent that it's OK for your teen to stay over, that they'll be home, and you both agree on curfew and other basic house rules.

Thank the party host the next day. This gives you a chance to check the party's outcome and reinforces an informal parent network.

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