

PARENTS AND CAREGIVERS OF TEENS

Is your teen going to parties? Before your teen and their friends head out, talk with them about making safe and responsible decisions.

DISCUSS YOUR TEEN'S PLANS WITH THEM; IT MAY BE UNCOMFORTABLE BUT IT HAS TO BE DONE.



CONSIDER THESE POINTS TO HELP GUIDE YOUR TALK

- Setting a curfew.
- No after-parties in rented hotel rooms/homes.
- Discuss the importance of being reachable, and keeping a cell phone turned on and charged.
- Discuss having a Party Partner. A friend that will: be around for the whole night, be mutually responsible for each other, step in if something is happening that does not seem right and make sure that the other gets home safely.
- Plan transportation options and offer non-judgemental support to get home safely. Stress to your teens to never get into a car with a driver who has been using substances.
- Remind your teen to always keep an eye on their drink to make sure nothing is slipped into it.
- Discuss consent including knowing and respecting their own boundaries as well as the boundaries of others.

ARE YOU AN ADULT HOSTING THE PARTY? HERE ARE SOME FACTS FOR YOU.

- It's not the role of the police to monitor parties on behalf of parents.
- If an adult/parent provides alcohol/drugs to those who are underage, they can be charged.

Commit; take the Parents' Party Pledge...

"I promise you the unconditional option of calling me at any time for help or advice. That includes picking you up at any time of the day or night, with a promise not to shame or embarrass you in front of others. I always welcome the chance of being part of your smart and safe decisions."

You may feel like your teen is tuning you out; but, the truth is they are listening more than you think. In fact, parents have been shown to have an important influence when it comes to teens' use of alcohol and other drugs. Visit Drug Free Kids Canada (DrugFreeKidsCanada.org) for stats and info for your talk.

For more information visit:

Prevnet.ca - Addressing Youth Dating Violence
<https://youthdatingviolence.prevnet.ca/>

Thanking you in advance