

Teenagers and parties

Holding a house party

The two places teenagers are most likely to drink are at house parties or in public places.

If you're planning to host a party for teenagers or are worried about your son or daughter going to their first house party, here are some useful tips we've collected from experienced parents...



1.

If your kids are under-15, suggest alternatives such as going out for a pizza, football in the park, the cinema or a shopping trip with friends.



3.

Agree a set of rules with your teenager and put them in charge. If the party goes well, encourage them and tell them you would be happy to do it again.

4.

Although teens are embarrassed if you hang around, stay in, if out of sight. It's surprising how often your teen's friends will come in and find you if they want to take some time out or if something goes wrong.

6.

Be prepared for teens sneaking alcohol in water bottles or mixed with soft drinks into the party. Have lots of soft drinks and iced water as alternatives.

10.

Finally, make sure you've warned your neighbours and give parents a reasonable pickup time in advance so they can get to bed too!

2.

Always agree who's invited with your teenager and warn them that open invites on social media may lead to unwelcome guests.



5.

Make sure you have plenty of food available such as chips and dips, pizzas or sausage rolls. Try to avoid salty snacks if possible.

7.

If anyone is sick or ill, contact their parents and never leave them unattended. See <http://www.alcoholeducationtrust.org/Pages/Parents/parentaliiagw.html> for what to do if you suspect someone has alcohol poisoning.

8.

If possible, try and have a few diversion games such as computer games, cards or fun games. This can be a good distraction or an icebreaker for some kids.

9.

Try and avoid large sleepovers as the kids won't get much sleep and you will be lucky to get to bed undisturbed.



Going to parties

Out of sight out of mind? Set ground rules carefully to ensure your child stays safe at other people's parties...

1.

Speak to the host parents, even if you don't know them, to make sure a responsible adult will be present. Tell your child you're not prepared to let them go if not.



3.

If your teen is sleeping over at a friend's house after a party check plans are genuine and ask your child to ring or text you when they have safely arrived.

4.

Be prepared to say no if you're unhappy about a party or if your child doesn't want you to speak to the host. This may cause a disagreement but remember it is because you want them to be safe.

5.

Don't feel pressured by younger teens to provide them with alcohol to take to parties. They may tell you everyone else's parents do this, but that's just not true.

6.

Remind your kids that if they ask their mates to buy alcohol for them they risk their friend being fined or charged.

7.

If your teen breaks your agreement, such as what time to be home, then make sure you carry through your threats such as grounding them.



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