

# Surviving the Teenage Years

## PTA Council Information & Tips for Parents of Teens

### Parent's Tips for Teen Parties & Sleepovers

#### When Your Teen is Giving A Party or Sleepover

- Plan in advance.  
Talk over party plans with your teenager and know the guest list. This way you can curb the “open party” situation. No guest list, no party.
- Agree to rules ahead of time. These might include:  
No tobacco, alcohol or other drugs PERIOD  
No leaving the party and then returning  
No gate crashers allowed.  
Lights are to be left on.  
Some rooms in your house are off limits.
- Make it clear that anyone violating the rules will have to leave.
- Set a time limit.  
Set a start and ending time – not too long. Consider daytime parties as an option.
- Invite another parent, relative or couple over. Other adults are company for you and can help with any problems.
- Know your responsibilities.  
IT IS ILLEGAL to serve alcohol to minors. You may be held responsible for teens who drink at your home, or accidents that occur afterwards as a result of underage drinking at your home.

#### When Your Teen is Going to a Party or Sleepover

- Call the host. Check for parental supervision and that no alcohol will be allowed.
- Be aware. Know where your teen is going and with whom. If you don't know the host parents, introduce yourself and get their address.
- Make it easy for your teenager to leave that party.  
Tell your teenager if there is drinking and (s)he needs to leave the party to call you for a ride home. Urge your teen to NEVER ride with anyone who has been drinking. Have an understanding that there will be no punishment for a call letting you know things are getting out of hand. Always praise your teen for asking for help out of a dangerous situation.
- Be up and greet your teenager when (s)he comes home.

Source: Howard County Health Department, Bureau of Substance Abuse Services, Prevention Division

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