

TIPS FOR HOSTING AN ALCOHOL-FREE TEEN PARTY

PLAN IN ADVANCE

Discuss your expectations and rules with your teen and include him/her in the planning. Communicate these expectations to your teen's guests. Some parents will greet the teens and clearly state the party rules at that time. Others have written out a list of party guidelines and enclosed them in the invitation.

- **Establish a guest list** with your son or daughter. How well do you know the other teens that will be attending? If you don't know all the proposed guests, this is a good time to find out more about them as you go over the list. Openly discuss any concerns you have about anyone listed.
- **What to say if confronted by an uninvited guest.** Have a discussion ahead of time with your teen. When in doubt the teen can always blame the parents. Your teen can say, "I'm sorry but my parents are strict and are only allowing a limited number of kids to come over." **Don't allow party crashers** (uninvited guests). Parents might apologize and say that because you haven't spoken to their parents, then you can't assume responsibility for them and they may not attend the party.
- **Limit the number of guests by direct invitation only.** Open parties where unlimited numbers of people show up tend to get out of hand.
- **Set specific starting and ending times** for the party and communicate them to invited guests before the event.
- **Consider communicating with parents of all guests** and let them know how you plan to run the party. Share the agreed rules and ask for additional phone numbers if parents will not be home. **Invite parents to stop in** and introduce themselves the night of the party.



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AGREE TO RULES AHEAD OF TIME

- No smoking or chewing tobacco
- No alcohol, marijuana or other drugs
- Some lights must be left on.
- Some rooms in the house are off limits.
- When a guest leaves, do not allow him/her to return.
- No uninvited guests.
- You'll supply all drink and food. No water/soda bottles allowed in.

THE NIGHT OF THE PARTY

- Prevent access to alcohol or other drugs in your home. Consider locking any cabinets containing these substances to avoid temptation.
- Have all guests leave coats, backpacks, pocketbooks, etc. away from the party room.
- Do not allow drinks brought by guests. Teens may bring water/soda cans/ bottles full of alcohol or some other drug. Although not common, Teens may also put drugs in food.
- Avoid serving punch or serving soft drinks in cups, because they are more easily tampered with.
- Make your presence known. Try to avoid retiring to another part of the house. Walk through the party frequently. Be visible (though not intrusive) and be aware! Experienced parents recommend replenishing snacks often as a way to walk through the gathering area.
- Know how all guests are getting home.
- If you suspect that a guest has used alcohol or other drugs contact his or her parents immediately.
- Provide the snacks and non-alcoholic beverages.



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