



## TOP 10 TIPS FOR PARENTS DURING PROM & GRADUATION SEASON

1. Remember, as a parent, you do influence your teen. Research clearly shows strong parental disapproval is the #1 reason why teens choose not to drink alcohol. By setting rules and the consequences for breaking those rules, you are acting responsibly as a parent, and not as a friend, to help ensure your teen stays safe.
2. Know the plan. A week or so before the event, talk with your teen about his or her plans for the prom or party. Make sure you know who is involved, where they are going (know the address) and when the event is to occur. Brainstorm with your teen a few situations that might come up and how to best handle them.
3. Instruct your teen to keep in contact with you throughout the night when traveling from one place to another or if plans change. Assure your teen he or she can call (or text a code word to you) at any time if it becomes necessary to leave the event. Remind them to never travel with someone who has been drinking or using drugs.
4. Call the parent who is hosting the party and ask if there is anything that you can do to help (do they want you to help with food?) and to expect your child at their house.
5. Homeowners are legally responsible for what happens in their home or on their property. Discuss with your teen why hosting a party is a shared responsibility. Large outdoor parties and co-ed sleepovers can be more difficult to manage safely.
6. If alcohol is present, the homeowner/host is liable under the Illinois Social Host Law. However, if they call the police when a party gets out of control, they are shielded from criminal liability.
7. If hosting, establish the rule that once guests leave, they cannot return to discourage them from going elsewhere to drink and then coming back to your house. Be visible near the party area (tip: bring food) and be aware of what is happening. Should a teen arrive in possession of alcohol or under the influence, call his or her parents. Make sure the teen is transported home safely by a responsible adult.
8. Talk with other parents of older students who have been through these social occasions. Often, they have good advice as to how to best navigate tough situations.
9. Be sure to talk with your teen about the danger of fentanyl and fentapills (counterfeit prescription pills laced with fentanyl). Fentapills are easily accessible and have led to the fentanyl poisoning and death of youth in our community. Educate yourself and your teen about fentanyl and the signs of fentanyl poisoning. Learn more at <http://bstrongtogether.org/fentanyl>.
10. Agree on a curfew with your teen and touch base during the evening. Be awake to talk with your teen when they get home.

**It's important to remember that one risky decision can lead to a lifetime of heartache.**

For additional hosting tips, download BStrong Together's Safe Party Tips **handout.**

English

Spanish

