HOMECOMING

A PARENT'S GUIDE TO ENCOURAGING HEALTHY CHOICES

Homecoming is an exciting milestone for our teens— a time of laughter, friendship, and unforgettable moments. As you help your teen prepare for the festivities, you play an essential role in guiding them toward safe and healthy choices that will keep the celebration joyful and worry-free.

TIPS TO SUPPORT YOUR TEEN'S WELL-BEING

- **Communicate Openly:** Start honest conversations with your teen about your expectations, their plans, and ways to have fun while staying safe.
- **Set Clear Guidelines:** Establish curfews, transportation plans, and boundaries for parties and gatherings. Make sure your teen knows they can call you at any time.
- **Discuss Risks:** Talk about the dangers of alcohol, drugs, and risky behaviors. Reinforce the importance of looking out for one another and making positive decisions.
- **Be Involved:** Know where your teen will be, who they'll be with, and how to reach them. Offer to host safe gatherings or help supervise events if possible.
- **Celebrate Together:** Recognize their good choices and celebrate their responsibility before and after the event.

YOUR ENCOURAGEMENT MATTERS!

A supportive parent makes all the difference. Remind your teen that homecoming should be a time of fun and good memories and that real fun comes from feeling safe, confident and respected. By having open, honest conversations and setting clear expectations, you help your teen make healthy, confident choices.

CONVERSATION STARTERS

"What are you most looking forward to about homecoming?"
"If someone offered you a drink, how would you handle it?"
"What would make you feel safest while celebrating?"

LET'S MAKE HOMECOMING A NIGHT TO REMEMBER FOR ALL THE RIGHT REASONS

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