

PARENTS & CAREGIVERS OF TEENS

Your teen maybe going to many parties, from house parties to prom. Before your teen and their friends head out, talk with them about making safe and responsible decisions.

DISCUSS YOUR TEEN'S PLANS WITH THEM; IT MAY BE UNCOMFORTABLE BUT IT HAS TO BE DONE.



CONSIDER THESE POINTS TO HELP GUIDE YOUR TALK

- Setting a curfew.
- Discuss the importance of being reachable, that is keeping a cell phone turned on and charged.
- Discuss having a Party Partner. A friend that will: be around for the whole night, look out for each other, step in if something is happening that does not seem right, and make sure that the other gets home safely.
- Plan transportation options and offer non-judgemental support to get home safely. Stress to your teens to never get into a car with a driver who has been using substances.
- Remind your teen to always keep an eye on their drink to make sure nothing is slipped into it.
- Discuss consent - knowing and respecting their own boundaries as well as the boundaries of others.

ARE YOU AN ADULT HOSTING THE PARTY? HERE IS SOME INFORMATION:

- It's not the role of the police to monitor parties on behalf of parents.
- If an adult/ parent provides alcohol/drugs to those who are underage, they can be charged.
- Save a life, carry naloxone. If you are hosting a party make sure there is a naloxone kit on hand. The Good Samaritan Overdose Act provides legal protection for those seeking help for someone else or themselves. Learn more at wecoss.ca (wecoss.ca/resource/opioid-poisoning-response-prevention).

Take the Parents' party pledge...

I promise you the unconditional option of calling me at any time for help or advice. That includes picking you up at any time of the day or night, with a promise not to shame or embarrass you in front of others. I always welcome the chance of being part of your smart and safe decisions.

You may feel like your teen is tuning you out but, the truth is, they are listening more than you think. In fact, parents have been shown to have an important influence when it comes to teens' use of alcohol and other drugs. Visit MADD's [Parent Action Pack](http://madd.ca/media/docs/parent-action-pack.pdf) (<http://madd.ca/media/docs/parent-action-pack.pdf>) for stats and info for your talk.

For more information visit the following websites:

[Sexual Assault Crisis Centre-Party Safe Tips](https://saccwindsor.net/party-safe/safe-partying-tips-1/)

<https://saccwindsor.net/party-safe/safe-partying-tips-1/>

[Prevnet.ca- Addressing Youth Dating Violence](https://www.prevnet.ca/) <https://www.prevnet.ca/>

[WECHU Youth and Relationship Violence](https://www.wechu.org/school-health/violence-and-bullying/youth-relationship-violence)

<https://www.wechu.org/school-health/violence-and-bullying/youth-relationship-violence>

Thanking you in advance