

Dear Parents:

Parties are an important part of our teenagers' lives; they are an outlet for socializing, relaxation and entertainment. Unfortunately, a poorly planned party can result in unwanted, even tragic, consequences. This booklet is designed to help you and your teens throw a successful party and avoid potential problems.

Parents' Guide to Teenage Parties includes a planning guide for parents hosting teen parties, suggestions for parents whose children are attending parties, a model contract to make sure that everyone gets home safely, information about laws restricting alcohol and other drug use, tempting recipes for nonalcoholic punches, and ideas for lively party themes and activities. We are confident that you will find this booklet a helpful guide to planning parties for teenagers that are both fun and safe.

Sincerely,

Wisconsin Clearinghouse Staff

John drank mostly on weekends, mostly beer. He drank to be sociable. He was just like everyone else in his group at high school. Except, as a result of his drinking, John's life came to a tragic end. Early on a Saturday morning, John died in a car crash. His alcohol concentration (AC) was found to be 0.234 percent, well over the 0.10 percent that is considered legal intoxication in most states.

John was 15 years. He was not a problem child, a social outcast or a "deviant." In fact, he was typical of young people in our society whose alcohol and other drug use is a widespread problem. In many communities, both urban and rural, teenagers view alcohol or other drug use as a way to make friends, to gain acceptance, to escape from problems and to feel adult. Young people face many pressures to use alcohol and other harmful drugs, including:

- the influence of peers who drink alcohol and/or use other drugs;
- the daily bombardment of television and other media messages promoting alcohol and other drugs to give pleasure and reduce pain;
- role models set by well-known singers, actors and athletes; and
- even mixed messages from within their own homes or communities.

A recent national survey from the Hazelden Foundation in Minnesota shows that peer pressure is *not* the top reason teenagers use alcohol or other drugs. 79% of teens stated that their number one reason for using alcohol or other drugs is the "feeling of being drunk or high." 67% said that they use alcohol or drugs to "help them forget their problems." The survey showed that most parents wrongly assume that peer pressure is the number one reason why teenagers use alcohol and other drugs. Parents coping with a child using alcohol or drugs must look deeper to find the real reasons why their child uses.

As a parent, how many times have you felt helpless and alone when trying to provide guidelines for your teenagers? Do you feel that messages from peers, the media and society have a greater influence on your children than your own parental direction? It's often tempting for parents to expect schools, the police or other outside agencies to

solve the alcohol/drug problem, but while these agencies can and do help, the most basic responsibility for guidance remains with you, the parent.

Teenagers deserve to live and grow to adulthood in an environment where alcohol and other drugs are not misused. Don't be misled by this plea: "But all the other parents let their kids do it." Some parents do compound the problem by permitting their underage children, and their children's friends, to drink at home. This can only add to a teenager's confusion about the acceptability of drinking. Although seldom expressed, surveys show that most teenagers appreciate it when their parents set boundaries and establish expectations that are fairly enforced.

The purpose of this booklet is to help you guide your teens at times when young people have the greatest desire or face the most pressure to drink at parties they either host or attend. **A Parents' Guide to Teenage Parties** is the result of action by parents, schools, churches, police and community agencies—people working together to solve a problem. These coalitions have reported some successes in dispelling myths about alcohol and other drugs in their communities, in preventing alcohol and other drug use among their teenagers, and in building healthy communities that will keep their sons and daughters as safe as possible. We hope this booklet will help you repeat those successes within your family and within your community.

Please read this booklet, and refer to it often. You may not find it easy to follow all these guidelines. And, of course, each family should consider our suggestions in light of its own values. When parents establish and clearly communicate reasonable standards, the entire community benefits. Please take this opportunity to join with others to provide a positive environment in which our teenagers don't need alcohol or other drugs to have fun.

Guidelines for parents of teenagers hosting a party

Before the party

- Set ground rules with your youth before the party.
 - Your child needs to know what you expect and why you are setting ground rules. Let your child know how you would respond to problems so s/he knows what to expect if that situation ever happens.
 - You and your teenager should share responsibility for hosting the party.
 - You should both have an opportunity to express feelings and concerns.
 - You and your teenager should understand local and state laws about curfew, alcohol and other drugs. It is illegal to offer alcohol to guests under the legal drinking age or to allow guests to use drugs in your home. You may be brought to court on criminal charges and/or fined monetary damages in a civil lawsuit if you furnish alcohol or other drugs to minors.
 - You and your child should decide if the ground rules you set now are in effect at all parties. Sometimes, parties occur spontaneously. In those cases, it's safer and easier to maintain control if guidelines are understood.
- Decide what part of the house will be used for the party. Choose an area where guests will be comfortable and where you can maintain supervision.
 - Limit party attendance and times.
 - Small groups are easier to handle.
 - Open-hour parties make it difficult for hosts to maintain control.
 - Other parents will appreciate time limits that enable teens to be home at a reasonable time.
 - Make clear that party-crashing is not allowed.
 - Plan to have plenty of food and nonalcoholic drinks on hand.

- Encourage your teen to organize group activities or games. Such activities keep the party lively and ensure involvement by everyone.
- Have your teen take responsibility for choosing the music for the party and keeping the music playing during the party.
- Notify your neighbors that there will be a party. Encourage your youth to call or send a note to close neighbors telling them about the party.
- Notify the police if you need to establish a plan for guest parking.

During the party

- Make sure you (or another responsible adult who understands your ground rules) will be present for the entire party.
 - Help keep supplies of snacks and nonalcoholic beverages on hand for guests. Not only will your presence help keep the party running smoothly, but it will also allow you to meet your son's or daughter's friends.
- Do not allow guests to come and go. This guideline will discourage teens from leaving the party to drink or use other drugs elsewhere and then returning.
- Avoid easy access to alcohol and other drugs in your home.
- Be alert to signs of alcohol or other drug use by teenagers at the party.
- Be prepared to ask guests to leave if they try to bring in alcohol or other drugs or if they refuse to cooperate with your expectations. Be willing to call the police if unwanted guests refuse to leave.
- Notify the parents of any teenager who arrives at the party drunk or under the influence of another drug to ensure his/her safe transportation home.

Do not let anyone drive under the influence of alcohol or other drugs, even if it means taking the keys and calling a cab or asking a sober adult to give the teenager a ride home.

Guidelines for parents of teenagers attending a party

- Know where your teenager will be and for how long s/he will be there.
 - Obtain the address and phone number of the party-giver.
 - Let your teen know that you expect a phone call if the location of the party is changed.
- Contact the parents of the party-giver to
 - verify the occasion;
 - offer assistance;
 - make sure a parent will be present;
 - be certain that alcohol and other drugs will not be permitted.
- Know how your young person will get home from the party.
 - Assure your teen that you or a specific friend or neighbor can be called for a ride home. Make sure your teen has that phone number.
 - Discuss with your son or daughter the possible situations in which s/he might need to make such a call.
- Discuss with your teen how to handle a situation where alcohol or other drugs are available at a party.
 - Let your teen know what you expect. If your family has set firm guidelines against illegal drinking, make those guidelines clear.
 - Help your teen come up with ways to refuse alcohol or other drugs.
- Make sure your teenager knows what time s/he is expected to be home. And be awake or have your son or daughter awaken you when s/he gets home. This is often a good time to talk about the party and how s/he felt about the event.
- If your teenager stays overnight with a friend after a party, check with the parents of the friend to verify that they want your child to stay over and that they will be home. Spontaneous “sleep over” arrangements should always be confirmed with the host-parents.



- You and your teen may want to phone the party-giver the next day to express your thanks.

Concerns for all parents of teenagers

- Parents are their children's most influential role models. Think about the choices you make regarding alcohol and other drugs. And think about how alcohol is used at parties you host for adults. Your actions influence your teenager much more than any verbal guidelines you set.
- Teens frequently party at home when their parents are away. If your family rules prohibit unsupervised teen parties, make sure your children understand that no parties are allowed when parents aren't home. If you must be away, make arrangements for quality supervision to ensure protection for you and your teen. Let neighbors know when you will be gone.
- **Parents should get to know their youth's friends and their parents.**
- **Parents should look to each other for support and guidance.** It is easier to see that guidelines are followed if your teenager's friends have the same ground rules. And it's much easier to tackle alcohol and other drug problems facing children in your community if you have the support of other parents.
- Parents can and should share the responsibility of chaperoning parties. If you're hosting a party, ask parents of your teenager's friends to come join in the fun. If your son or daughter is attending a party at someone else's house, ask if there's anything you can do to help. In addition, volunteer chaperones often are welcome at school parties and other community activities.

Rules for the Road

One of the most catastrophic consequences of alcohol or other drug abuse-among adults and teenagers-is a traffic accident. By the time your teenager is driving or riding with friends who drive, you should have discussed both your teenager's perspective and how you feel about mixing driving with drinking alcohol or using drugs. Your family should establish firm, clear rules against driving after using alcohol or another drug or riding with drivers who have been drinking or using other drugs. Take the time to talk with your youth about the dangers and legal problems that can result and suggest alternatives to riding with a drunk or "high" driver. Clearly express your concern for his/her safety and well-being.

Make sure that your young person is aware of all available alternatives to riding with a drunk or "high" driver: calling a cab or taking public transportation, calling home for a ride, or contacting another responsible adult or friend for a safe way home. You also should decide how family rules against drinking, drugs and driving apply to teenagers and adults. Some parents and teenagers even sign contracts that set out in writing what everyone will do to find a safe ride home.



What if.....

This exercise will help parents and teenagers talk about getting home safely and discuss differing points of view. Listed below are some common family rules and situations parents or teenagers may encounter. Participants should rate the three alternatives that follow each situation as (1) the best option, (2) an acceptable solution, or (3) the worst option. Parents and teenagers can either rate the alternatives together or record their answers separately and then compare notes.

Family rule: No one under the legal drinking age may use alcohol.

What if a teenager makes a mistake and drinks some beer with friends?

- ___A. The teenager should drive the car home and try to hide his/her drinking from parents. If no one finds out, there's no harm done.
- ___B. The teenager should find a sober friend to drive him/her home and pick up the car in the morning.
- ___C. The teenager should call parents of another responsible adult for a safe ride home.

What are some other acceptable alternatives?

What if a teenager who has violated family rules against drinking calls his/her parents for a safe ride home?

- ___A. A parent should pick up the teenager, immediately confront him or her about violating rules against drinking and invoke disciplinary measures that have been previously discussed.
- ___B. A parent should provide safe transportation home and wait until morning when everyone is sober and calmer to talk about violating rules and discipline.
- ___C. A parent should let the youth know that it's his/her responsibility to find a safe way home since s/he was responsible for breaking the family rules in the first place.

Family rule: Teenagers must honor a weekend curfew of 11p.m.

What if a teenager attending a party loses track of time and doesn't notice the clock until 11:15 p.m.

- ___A. S/he should call home immediately to explain what happened and to say when s/he'll be home.
- ___B. S/he should leave the party immediately and come straight home.
- ___C. S/he might as well stay at the party, since the rule has already been broken, and try to sneak into the house after parents are asleep.

What are some other acceptable alternatives?

Family rule: Young people may not attend parties where alcohol and/or other drugs are available.

What if a teenager goes to a party with friends and discovers that some kids are smoking marijuana?

- ___A. The teenager should try smoking marijuana to fit in with friends, but leave the party early.

- ___B. The teenager should decline offers to smoke marijuana, but remain at the party to demonstrate that people can have a good time without the use of drugs.
- ___C. The teenager should decline any marijuana and leave the party as soon as possible.

What are some other acceptable alternatives?

Family rule: Adults must not drive if they've had too much to drink, and they should refuse to ride with any other adults who have drunk too much.

What if your dad's boss drives your parents to a party, where she drinks too much and insists on driving them home?

- ___A. Your parents should take her keys and then call a cab or find a safe way home (maybe by calling you) for themselves and the boss.
- ___B. Your parents should make excuses and leave the party in a cab or with a safe driver and let the party host deal with the boss.
- ___C. Your parents should ride home with the boss so she doesn't get upset.

What are some other acceptable alternatives?



Remember: The intent of this exercise is not to point out right and wrong answers, but to allow parents and teenagers to discuss which alternatives are best for your family.

Alcohol, other drugs and the law

A ban on teenage drinking is not only the rule in most families-it is illegal in all states for people under age 21 to drink alcohol. Teenagers who drink-and adults who supply teenagers with beer, wine or liquor-can be arrested. And laws against using illegal drugs, transporting alcohol illegally and driving while intoxicated have been strengthened in many states and communities. Parents and teenagers should understand state laws, local ordinances and school regulations that restrict alcohol and other drug use.

If you have any questions about those laws and how they apply to you and your children, contact the police department in your community.

Curfews

Many communities enforce curfews that require children and teenagers to be home by a certain hour on week nights and weekends. To find out if our community has a curfew, check with your local police department.

Here is an example of a curfew ordinance:

Sec. 9-3-4 Minors under eighteen not to be allowed on the streets after certain hours.

- It shall be unlawful for any person under the age of eighteen (18) years to be upon the streets or alleys or other public places in the city between the hours of 11:00p.m. and the following 4:00a.m. unless accompanied by his older parent or guardian; provided however, this section shall not apply to minors returning from functions authorized by the governing body of any school in the city, or from their places of employment.
- It shall be unlawful for the parent or guardian to permit any person under his or her control, if such person is under the age of eighteen (18) years, to be upon the streets, alleys or other public places in the city between the hours of 11:00p.m. and the following 4:00a.m. unless accompanied by his or her parent or guardian, or unless such minor is returning from an approved school function.

It's 10 o'clock. Do you know where your children are?

Teenagers should be discouraged from being out late school nights unless they are attending planned school or community functions. When they do attend scheduled activities, you should make sure they know they're expected home within a reasonable time after the event is over. Parents also should set reasonable time limits for junior high and grade school children. Know where your children are at all times, and make sure that safe transportation is provided.

Having a party?

Here are some recipes for tasty nonalcoholic punches.

SPARKLING FRUIT PUNCH

(10 servings)

2 pints unsweetened pineapple juice
2 6-ounce cans pink lemonade concentrate
1 cup water
1 quart of lemon-lime soda or sparkling water
Juice of 1 lemon or lime

Mix ingredients and freeze overnight. Remove from freezer just before serving. Stir well. (Keeps in freezer.)

PINK FIZZIE

(1 ½ quarts or 10 servings)

½ cup sugar
1 cup water
1 6-ounce can frozen orange juice concentrate
1 6-ounce can frozen grapefruit juice concentrate
1 28-ounce bottle chilled ginger ale
1/3 cup grenadine syrup

Early in day, mix sugar with water in saucepan and boil 5 minutes. Cool. Add frozen juice concentrates. Refrigerate. At serving time add ginger ale and grenadine syrup. Stir lightly.

CARDINAL PUNCH

(44 servings)

1 quart cranberry juice
1 pint orange juice
2 lemons squeezed or 2 ounces lemon juice
4 quarts ginger ale

Combine juices with ice and chill. Pour into punch bowl over block of ice, add ginger ale. Garnish glasses with mint sprig. (May add orange sherbet scoops.)

WINNING TEA PUNCH

(one gallon or 25 5-ounce servings)

½ cup instant tea
2 quarts water
1 6-ounce can frozen limeade concentrate
1 6-ounce can frozen lemonade concentrate
1 6-ounce frozen pineapple juice concentrate
1 pint cranberry juice cocktail

In punch bowl, combine instant tea, water concentrates, and cranberry juice. Just before serving, add ice.

GALA FRUIT PUNCH

(50 servings)

1¼ cups water
2 ½ cups sugar
1 cup lemon juice
2 cups orange juice
1 cup strong tea
2 cups each white grape juice, grapefruit juice, pineapple juice
1 cup maraschino cherries with juice
2 cups fruit syrup
Ice water
1 quart carbonated water

Make a syrup by boiling for 10 minutes the first two ingredients. Reserve ½ cup of this. Add to the remaining syrup the next six ingredients; then stir, cover, and let stand for 20 minutes or more. (The fruit syrup is the main ingredient. Other options for the syrup include using strawberry jam that is diluted or canned raspberry juice—both may be sweetened and boiled until heavy and then strained. Another option is to simply use grenadine syrup.) Add enough ice water to make about 1½ gallons of liquid. At the last minute, add 1

quart carbonated water. If you find the punch lacking in sugar, add part of all of the reserved sugar syrup.

MOETTE PUNCH

(8 servings)

1 cup pineapple juice
1 cup white grape juice
1 pint club soda
Sugar to taste
1 quart raspberry sherbet or ice

Add soda to fruit juices; sweeten to taste. Pour into punch bowl, add scoops of sherbet.

MEXICAN PUNCH

(4 servings)

2 cups orange juice
½ cup lime juice
¼ cup grenadine
Pinch of salt
Crushed tiny red chilies, to taste

Mix together all ingredients and chill. Serve in small glasses.

JACK-O-LANTERN

(1 ½ gallons or 64 4-ounce servings)

1 gallon apple cider
1 quart hot water
½ cup instant tea
2 tablespoons powdered cloves
1 ½ teaspoons cinnamon
½ cup sugar
1 cinnamon stick

Heat water, add tea, cider, lemon juice, sugar, cinnamon, cloves and cinnamon stick. Serve warm.

LIME SUBLIME

(10 servings)

1 6-ounce can frozen lemonade concentrate, partly thawed
1 6-ounce can frozen limeade concentrate, partly thawed
3 cups cold water
1 pint lime sherbet
1 32-ounce bottle lemon-lime carbonated beverage, well chilled

Combine limeade and lemonade concentrates and cold water in a large pitcher; stir until concentrates thaw completely. Stir in sherbet until almost melted; stir in chilled lemon-lime beverage. Pour into glasses. Garnish each serving with lime or lemon slices if desired.

PINEAPPLE-ORANGE PUNCH

(6 servings)

2 cups unsweetened pineapple juice
2 cups orange juice
¼ cup lemon juice
1 pint orange sherbet

Mix the juices. Divide sherbet into 6 tall glasses; add the juices and stir slightly. Garnish with mint sprigs (optional).

A PUNCH OF GREEN

(4 servings)

1/3 cup fresh mint leaves, plus extra as garnish
2/3 cup fresh lime juice
3 ½ cups carbonated mineral water
Honey (optional)

Blend and puree mint leaves and ½ of lime juice. Add remaining lime juice and mineral water and mix well. Pour into 4 ice-filled glasses and garnish with mint leaves. Honey may be added if desired.

Having a party? Make it an event to remember...

Hosting a lively party with plenty of fun activities for everyone is the best way to show you can “party sober” and have a good time. There are a lot of party games and idea books available in stores. With a little creativity you can adapt those games or come up with some of your own....

Plan a theme party. Teenagers could invite friends to come dressed as movie characters for an “Academy Award Eve” party. Fellow students from literature class could come disguised as a favorite fictional character. You could plan a part around a local ethnic tradition or historical event. Or a pre-final exams party where guests supply questions for a team trivia game from their textbooks and class notes. Or a “What I Did on My Summer Vacation” party to mark the beginning of the school year...

And now for some original party games. You could suggest that teenagers choose their favorite recordings for a special edition of “Name that Tune” or that guests provide clues about their school and community to create hilarious trivia or charades games. If the weather’s nice, you can move the party outside and set up lawn games and team sports like volleyball or water balloon tosses...

Saturday night isn’t the only time for parties. Suggest that your teenager host a brunch on a Saturday morning or a potluck dinner on a Sunday afternoon in which each guest brings an original dish (require that the teenager-not his/her parent-prepare the food).

Other publications for parents and teens from the Wisconsin Clearinghouse for Prevention Resources:

College, Alcohol and Choices: An Essential conversation Guide for Parents and Students. Heading off to a college is a big adjustment – for both parents and youth. This book gets parents and kids talking about one of the biggest issues facing college students today; alcohol. Using a game format, this workbook guides families through a series of critical conversations on alcohol use and college, helping them develop a plan and make commitments to one another.

The Ritalin® Riddle. A comprehensive booklet that offers solid information on Ritalin – how it’s prescribed, under what circumstances and its potential for abuse.

How to Get Unstressed: The Bare Facts. 3rd Ed. This booklet explains what stress is, how it affects us, how stress can be helpful rather than harmful, coping techniques, resources for stress reduction and more. An excellent resource for adults and students alike.

Family Times. This workbook includes dozens of activities for all types of families with all ages of children; guaranteed to help your family plan, learn, communicate and care.

Alcohol and Marijuana: Facts for Young Adults. This pamphlet is packed with facts to help young people make informed decisions about using alcohol and marijuana. Includes information on how each drug affects the mind and body; the connection between alcohol use and sex, accidents and violence; and the possible consequences of drug use.

Responsible Party Hosting Ideas for Adults. This full-color illustrated booklet includes recipes for tempting party snacks and nonalcoholic drinks, hosting hints, suggestions for party games and tips for helping your guests get home safely.

Parents’ Self Test: A Guide for Helping Parents Assess Their Own Use of Chemicals. This brief questionnaire can help parents focus on the alcohol and drug-related attitudes and behaviors they model for their children. Also available in Spanish.

Alcohol and Other Drugs: A Self-Test. Helps adults assess the effects of drug use on their lives.

How a Parent Can Help a Child with an Alcohol or Other Drug Problem. A review of warning signs, tips for communication and where to find help. Also available in Spanish.

How a Teen Can Help a Friend with an Alcohol or Other Drug Problem. This guide stresses the importance of helping friends realize how their alcohol or other drug use affects them and others around them.

Young Children and Drugs: What Parents Can Do. Offers guidelines on raising healthy children, parent role modeling, building self-esteem, effective communication and how to avoid alcohol and other drugs. A “must read” for parents with children of all ages. Also available in Spanish.

Turning Points: A Resource Guide on Teenagers, Alcohol, Other Drugs and Pregnancy. Offers practical techniques to reach, educate and motivate pregnant teens and teen parents. Includes information on risks, consequences, myths and misconceptions about pregnancy, alcohol and other drugs.

Self-Esteem for Tots to Teens: How You Can Help Your Children Feel More Confident and Lovable. Learn five easy-to-remember proven principles for building the self-esteem of children and youth and help your child cement the foundation for a healthy personality to last a lifetime.

Building Self-Esteem in Children: A Skill and Strategy Workbook for Parents. Helps parents and teachers learn and practice in a guided setting the skills and strategies for building self-esteem in children and youth. A companion guide to Self-Esteem for Tots to Teens.

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