

When You are Away

- Have your teen stay with a trusted adult if you plan to leave town.
- Make it clear that your teen is not allowed to have parties at your home when you are away.
- Let the parents of your teen's friends know you will be away
- Let your neighbors know you plan to be absent from home and that you are not allowing your kids to entertain while you are gone. Encourage your neighbors to call you or the police if a party occurs, so they can put an end to it.

The Hard Facts

Most Issaquah students **don't** abuse alcohol and drugs, but many are still at-risk. Help teens make healthy choices and improve our numbers!

State Healthy Youth Survey Results	Issaquah Students (12th Grade)	State Avg	% Worse
Drank alcohol in past 30 days	44%	36%	-8%
Used marijuana in past 30 days	29%	27%	-2%
Binge drinking in past 2 weeks (5 or more drinks in a row)	31%	22%	-9%

The SCIENCE is clear about young people who use alcohol and marijuana:

- ◆ Early use puts the developing brain at risk and substantially increases the risk of addiction.
- ◆ Kids whose parents allow them to drink at home, drink more often and heavily outside the home.
- ◆ For the health and safety of a child, the only safe level of alcohol and marijuana use under the age of 21 is NO use.



Make the following agreements with your teen:

1. No drinking alcohol or using marijuana before age 21.
2. No socializing in places where teens are drinking or using drugs.
3. No riding in a car with a driver who has had any amount of alcohol or drugs.

Other Resources:

Friends of Youth Issaquah 425-392-6367
 Youth Eastside Services 425-747-4937
 24 hour Crisis Line 866-427-4747
 In an emergency, always call 911

Healthy Youth Survey Results:

www.issaquah.wednet.edu/family/health/HYS.aspx

Where's the Party?



A PARENT GUIDE

For Safe Teen Gatherings

Open for more details!

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The Law

It is illegal for someone under 21 to possess or consume alcohol or marijuana.

- Parents can be **arrested and criminally charged** for providing a place for minors to consume alcohol.
- It is **illegal to permit minors to consume alcohol on your property** including your boat, motor home, undeveloped property, cabin, automobile, rental property or house.
- It is **illegal to give alcohol to your child's friends who are under 21**. You may be fined up to \$5,000 and a year in jail.
- It is a **federal felony** to provide underage people with marijuana.

Hosting a Party

- Plan invitation only parties, set a time limit and help your teen screen for party crashers.
- Establish that guests are expected to stay at the party unless you have a parent's permission to let them go.
- Insist that the party is free of alcohol, drugs and tobacco. Call the parents of any teens who arrive in possession or under the influence.
- Establish that adult supervision will be present; invite other parents to help you supervise; be visible, but keep a low profile.
- Don't be pressured into staying out of sight.
- Designate rooms that are off-limits and leave the lights on in order to make supervision easier.
- Provide food and beverages and greet guests at the door. Be aware that teens can hide drugs and /or alcohol in disguised containers.
- Backpacks, coats and purses must be left at the door. Cups, open cans/bottles cannot be brought into the party.
- Anyone that leaves the party should not be allowed to return. This discourages party-goers from leaving, drinking or using drugs and then returning to your home.
- Put away and lock up beer, wine, liquor, firearms and medications.
- Notify your neighbors when planning a large party.
- Despite careful precautions, do not hesitate to call the police before the party gets out of hand.



When the Party is Elsewhere

- Know your child's plans for the whole evening. Set a time to arrive at home. Ask your teen to call you if there is a change in location.
- Call the host parent to be sure that a parent will be present and that no alcohol or drugs will be allowed. Ask if they will be actively checking on the party, not just in another room.
- Discuss possible situations where your teen might need to call you for a ride, no questions asked.
- Share your views with your teen regarding underage alcohol and drug use.
- Discuss how to handle problem situations; role-play a comfortable way to refuse alcohol and other drugs.
- Be awake or have your teen wake you up when they arrive home, be aware of any signs of substance abuse, ask how the party went.

Most teens say their **parents are the leading influence** on their decisions about drinking or using drugs.