

THE BEST THING A PARENT CAN SERVE.



SCAN TO
LEARN MORE



SPONSORED BY CENTRAL FLORIDA CARES HEALTH SYSTEM, INC. AND THE STATE OF FLORIDA, DEPARTMENT OF CHILDREN AND FAMILIES.
THIS PROGRAM IS FUNDED IN FULL OR PART BY ORANGE COUNTY, FLORIDA.
COPYRIGHT © 2026 INFORMED FAMILIES.

PARENT'S GUIDE TO SAFE PARTIES

Underage Drinking Prevention

WHEN YOUR TEEN IS ATTENDING A PARTY:

First, discuss the details of the party with your teen, what your expectations are for behavior, and rules about alcohol, drugs and tobacco. Talk about curfew, rides to and from the party and what happens in the event of an emergency. Ask them “what would you do if” questions and discuss possible scenarios. Then:

Personally contact the party host (parent) and:

- Introduce yourself and let the host know the name of your teen.
- Ask for the address, occasion and time of the party.
- Let the host know that your teen is not allowed to drink or smoke.
- Ask if any alcohol will be served or allowed to be brought in by other guests.
- Ask if there will be parental supervisor throughout the event.
- Offer your phone number to the party host.

Discuss these issues with your teen before the party:

- Agree on the curfew.
- Know how your teen will get to and from the party.
- Create a rule for calling and/or texting to let you know when they have arrived to and when they are leaving from the party.
- Create a rule about a change of plan or driver.
- Make sure you discuss the fact that a change in plans needs your prior approval.
- Make sure your teen can reach you for a ride home if necessary.
- Discuss what your teen should do if alcohol, tobacco or drugs are present at the party.
- Make sure your teen knows that is never acceptable to get into a car with someone who has been drinking or using drugs.

If after the party you find out that there was drinking, tobacco or drugs at the party:

- Call the party host and discuss your disapproval.
- Discuss the legal ramifications.
- Share notes with parents of other kids that were present at the party.



For more tips, scan QR Code or visit
www.InformedFamilies.org/shsp



WHEN YOUR TEEN IS GIVING A PARTY:

- Plan in advance. Agree on the date, time and attendees. Make sure the party is not an “open” party where anyone can attend.
- Give your telephone number to parents to contact you prior to or during the party.
- Agree on the rules: no alcohol, drugs or tobacco products allowed.
- Agree on which parts of the house or yard are off limits.
- Agree that guests must not arrive, then leave, then return to the party.
- Hire off-duty police officers to help with parking and enforcing rules about drugs and alcohol (if financially possible).
- Serve plenty of food and non-alcoholic beverages.
- Supervise the party throughout the event, and ask additional parents to help out.
- Notify neighbors of the date and time of the party.
- Supervision is key to keeping the party safe. If any guests arrive at the party acting like they are under the influence of drugs or alcohol, notify their parents immediately.

WHEN YOU ARE OUT OF TOWN:

- Homes where parents are absent are frequent party sites.
- Inform your teens that under no circumstances are they allowed to have guests when no parent is home.
- Teach your teens that that they cannot attend a party where no parent is present.
- Inform your neighbors that you are out of town and to call you or the police if any suspicious activity is witnessed. Let your neighbor know that no teen parties are allowed.
- Call the parents of your teen’s friends and let them know the dates you will not be home.
- Take inventory of medicines and lock your medicines away.

KNOW YOUR RESPONSIBILITIES:

It is illegal to allow anyone under the age of 21 to drink alcohol on your property. You can be held liable both civilly and criminally if any person under the age of 21 has been drinking in your home. You are also responsible to ensure that no one is bringing drugs into your home or using drugs on the premises. Discuss rules and consequences for breaking rules with your teens often. Make sure they understand the dangers of drugs and alcohol and your no tolerance policy.

