

(Note: The following is a list of suggestions for parents to keep their teenagers safe during high school. It was done in collaboration with the Parent Association.)

Set the consequence for first use of alcohol or marijuana very high.

Make sure they know what you have decided the consequence will be.

Welcome their friends in your home as long as there has been a chance for parents to talk.

Introduce yourself to parents when you drop your child off at someone's house.

Call the other parent and welcome calls from other parents.

Always call before and occasionally call after to compare notes.

Friends are not to bring any of their own beverages into your home.

Tell your teenager to leave any gathering where there is any drinking or drugs.

Call parents if it turns out there was alcohol or marijuana use in your home.

Be visible at the party. Walk through; fill the chip bowl, etc.

Set the time when you would like the party to end and stay up until everyone is gone.

Wait up for them, kiss them goodnight.

"It's over when it's over". No after-event events.

Don't say yes to spring break trips without adults or any kind of hotel party.

Be reluctant to say yes to last minute requests for sleepovers.

Remember: Teenagers notice what their parents do and what their friends' parents do.