

Going Out Checklist



Consistent & Creative

You can't go everywhere with your teens, so being creative and consistent in how you check in before they go out must be a priority. Use this checklist as a reminder of things to go over before they leave and after they come back.



check in

Before they go out, make sure you:

- Set a curfew and discuss the consequences if they were to break the curfew
- Ask them where they will be, what they are doing, and with whom they will be
- Ask if alcohol will be present and what their plan is if it is there
- Confirm that a parent will be present



stay up

Be awake when your child gets home so you can assess their behavior.

- Is your teen able to talk with you? Make sure he/she is coherent.
- Check for signs and smells of alcohol use
- Ask how the evening went and if there were any problems
- Ask if there was alcohol present. If so, ask how that made him/her feel and what could be done next time to avoid the risk of problems



and try these...

Implementing different parenting techniques will ensure that you are serious about "no drinking."

- Get to know all you can about your teen's friends. Get to know the parents of your teen's friends and talk to them regularly by email and phone
- Praise and reward good behavior
- Follow through on consequences when rules are broken
- Encourage your teen and his/her friends to have fun, without drinking, through other activities (sports, family activities, hobbies, clubs, etc)
- Eat dinner together and have fun as a family
- Refuse to provide alcohol to minors and don't allow minors to consume alcohol in your home



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