

# 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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