

# EXPECTATIONS FOR A NIGHT OUT

A resource of Parent Up



www.parentupkc.com

Rules provide a concrete way to help teens understand what is expected of them and learn self-control. Setting firm consequences for when rules are broken is actually helpful, making it clear what they are to do and not do (a no-use policy, for example). Though it may not feel like it, rules are a way for parents to show they care. Negotiate with your teen and agree to the consequences ahead of time. This takes the heat out of the moment.



I know that going out with my friends without parental supervision is a privilege. I respect that my parents love me and want to keep me safe. My parents respect that I am no longer a small child and want the privilege of going out to places with my friends without their supervision. With that in mind, we agree:

1. I will always tell my parents where I am going to be, who I am going to be with and what I am going to be doing without an attitude.
2. If I am going to be at a friend's house, I will share the address and phone number with my parents.
3. My curfew is \_\_\_\_\_ on school nights and \_\_\_\_\_ on the weekends. This is negotiable for both parties. My curfew means inside my home and all my friends have left.
4. I understand that I must speak with my parents as soon as I come home.
5. I will call and ask my parent's permission if my plans have changed and will not go anywhere without checking in with them first.
6. I will respect the guidelines set forth by my friend's parent, while honoring the limits and values expected of me by my own parents.
7. I agree that if I am unable to keep up with my responsibilities, this includes but is not limited to my school work and chores, I can lose the privilege of going out with friends.
8. I understand that I can call my parents at any time if I feel threatened or unsafe when I am out with my friends. I will not have consequences for pulling myself out of a bad situation.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

## Planning Ahead

Example: If I find myself in a car with someone who has been drinking I will make every attempt to stop the car (ie: pretending I have to pee) and then call my parent for a safe, sober ride.

- If I go to a party where there is alcohol: \_\_\_\_\_
- If I get to a party and realize there are no adults present: \_\_\_\_\_
- If I find myself in a car with someone who has been drinking: \_\_\_\_\_

## Consequences we have Agreed on if Rules are Broken

Example: If I drink alcohol, the privilege of visiting friends' homes will be revoked for one month.

- If I drink alcohol: \_\_\_\_\_
- If I break curfew: \_\_\_\_\_
- Additional disciplinary enforcements: \_\_\_\_\_