



Expectations for a Night Out

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, guardians, and other caring adults 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 my caring adult's supervision is a privilege. I respect that my caregivers love me and want to keep me safe. My caring adults 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/caring adults 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/guardians/caring adults.
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/guardians as soon as I come home.
5. I will call and ask for permission if my plans have changed and will not go anywhere without checking in with my caring adults 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/guardians.
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/guardians 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.

Teen's Signature

Caring Adult's 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 use the bathroom) and then call my parent/guardian/caring adult 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

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: _____