



Going Out Checklist

**Consistency
is Key!**

You can't always be with your teen, so being consistent and creative in how you check in with them before they go out and after they come home is a priority. Use this checklist as a reminder of things to go over before they leave and when they come home.

Check In

Before they go out, be sure to:

- Set a curfew and discuss consequences if curfew is broken.
- Ask them where they'll be, who they'll be with, and what they'll be doing.
- Ask them if there will be alcohol or other drugs there, and what their plan is if there are.
- Confirm if a parent or guardian will be there.
- Make a plan with your teen so they know you will come get them if they find themselves in danger or if alcohol or other drugs are present.

Follow Up

- If you can, stay up and wait for your child to come home so you can assess their behavior.
- Is your teen able to talk with you? Is your teen coherent?
- Check for signs or smells of alcohol, marijuana, or other drugs.
- Ask how the evening went and if there were any problems.
- Ask if there were alcohol or other drugs present. Talk about ways to avoid situations where these drugs are present.

And Try These!

There's different parenting techniques you can try that will help clearly communicate that you're serious about your no-use stance on alcohol, marijuana, and other drugs:

- Get to know your child's friends and their parents. Talk to them regularly.
- Praise and reward good behavior.
- Follow through on consequences when rules are broken.
- Encourage your teen and their friends to have fun without alcohol or other drugs (sports, games, hobbies, clubs, etc.).
- Eat dinner together and have fun as a family.
- Refuse to provide alcohol or other drugs to minors. Never allow minors to use alcohol or other drugs in your home.

**Take a strong
stance against
teen drug use**



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