

1. **WHAT'S THE PLAN?** Know your kids' plans in advance – where they'll be and with whom. Discuss how they'd deal with difficult situations and how they'll be getting home.
2. **DRY ROADS.** If your kid plans to hire a limo with friends, make sure the company doesn't tolerate drinking in the car. Have a back up plan in case of emergency.
3. **TALK IT UP.** Talk with other parents and school officials about how to ensure grad activities are safe.
4. **GET BUSY.** If you are planning a grad party, help your kids choose a theme and organize alcohol/drug-free activities, such as dancing, games and contests, to keep guests busy.
5. **SNACK ATTACK.** Be sure to provide substantial snacks and non-alcoholic drinks.
6. **MESSAGE IN A BOTTLE.** Behaviour speaks louder than words. The best way to teach your kids is to set a good example. Set rules about alcohol and other drugs and ensure your kids know they are not to be broken. Encourage dialogue about drugs with your teens.
7. **IT'S YOUR PARTY.** Remember, it's illegal to serve alcohol to those under 19 and to allow minors to drink. Make it clear you won't tolerate underage drinking.
8. **A NUMBER GAME.** Keep parties manageable by setting a limit on the number of guests. Adult supervision, or security for larger parties, is a must. Work with other parents, the school or community members to discourage or prevent "bush" parties, which can easily get out of hand.
9. **EMERGENCY MEASURES.** Be sure to keep emergency numbers handy, just in case. If you suspect someone may be suffering from alcohol poisoning, call 911 immediately and turn them onto their side to prevent choking if they vomit.
10. **NEED MORE INFORMATION.** To learn more about the effects of alcohol and other drugs, and for more tips, visit our website at [www.ades.bc.ca](http://www.ades.bc.ca)