



# Parents Teens & the Law ... and much more



In the flood of  
information available today,  
here's one booklet  
you should read and  
keep for your reference.





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# Parents Teens & the Law ... and much more



The Mission of the  
Issaquah High School PTSA  
Parent Education and Drug Awareness  
Committees is to promote a healthy, safe,  
and substance-free community.

## Purpose

In 2003, the Parent Education and Drug Awareness Committees developed a handbook, *Parents, Teens & the Law*. This handbook is a convenient and useful reference tool for parents and their teenagers to use in addressing several very important and difficult topics.

**The following information is being provided as a reference guide only. Laws and statutes can change and prosecution can be situational.**

## Code of Conduct



- I will treat everyone, including myself, with courtesy and respect.
- I will treat personal and school property with respect.
- I will create and maintain a positive and safe learning environment.
- I will come to school prepared for learning.
- I will act responsibly and accept consequences for my actions.
- I will help everyone in this school feel valued for their contribution, and to feel capable and connected.

## Acknowledgments



A special thanks to the Issaquah High School PTSA committee, and the communities of Issaquah High School and Issaquah Middle School; Issaquah High School Resource Officer Karin Bakken; Commander Chris Felstad and the Issaquah Police Department; Josie Williams and the Eastside Fire & Rescue Department; Chuck Lind, Prosecuting Attorney for the King County Juvenile Court System; Patty Berntsen and the Echo Glen School; Nancy Starkman and Star Print Brokers; Stevenson High School, District 125 *Together We Can* Committee; Kirkland Youth and Kirkland Police RESPECT Manual; Stop Youth Suicide Organization.

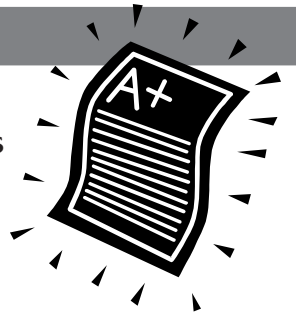
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## Parent Awareness Test

Take this test. Then ask your teen to take it. Do your answers match? Do any surprise you? How many of these questions could your teen answer about you?



1. Who is your teen's best friend? Could you reach him/her?
2. What are the names of the best friend's parents? Have you spoken with them?
3. Who is your teen's favorite teacher?
4. What was the homework assigned to your teen last night?
5. When was the last time your teen was excited about something?
6. Of what accomplishments is your teen proudest?
7. When was the last time your teen was disappointed about something?
8. What is your teen's biggest fear?
9. What embarrasses your teen the most?
10. What games does your teen enjoy?
11. Who is your teen's favorite musical performer or group?
12. What was the last movie your teen saw?
13. Does your teen download music off the internet?
14. Who does your teen respect and admire? Who is their hero?
15. Who does your teen talk to when troubled?
16. What does your teen like to do just for fun?
17. If your school has a late start day, or an early release, where is your teen and in what activities is your teen participating?

## Top Communicating Tips



1. Be a good listener. Give your undivided attention and try not to interrupt.
2. Listen without judging. Reserve judgment until your teen stops talking or asks for a response.
3. Acknowledge what your teen is saying. Make sure you understand what he or she means.
4. Don't advise or preach when a discussion is what is wanted. Respond with "I am concerned about ..." rather than "You should ..." or "If I were you ...".
5. If your teen tells you something you don't want to hear, don't ignore the statement — pursue it.
6. Resist the urge to offer advice in response to every statement your teen makes.
7. Talk candidly about any subject. Often teens avoid the subjects they think will make us feel uncomfortable.
8. Use encouragement; emphasize assets rather than faults.
9. Ask open-ended questions.
10. Accept the fact that neither you nor your teen is perfect. Make sure the message of love and respect gets through.
11. Recognize and communicate that every mistake we make, helps us to learn and grow.

**Communication is an ongoing process.  
It doesn't happen all at once.  
DON'T GIVE UP!**

## Trends in Our Society



During the past decade, cigarette and alcohol use has remained relatively stable. This is due in no small part to the influential role that parents have in the daily life of their teens. Likewise, families are increasingly aware of health issues and their long term effects. But our work is not over!

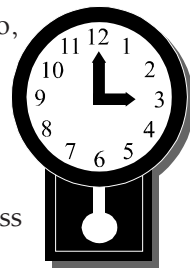
- In 2002, an estimated 17,419 people died in alcohol crashes – an average of one every 30 minutes.
- Motor vehicle crashes are still the leading cause of death for people from age 15 – 20 years old.
- As large teen parties are becoming less popular, due to parental and police involvement, teens are being more creative in finding places to drink, do drugs and smoke. Recent studies show **teens prefer smaller private parties.**
- The median age that youth begin drinking for the first time is 15.7 years.
- Teen smoking, drinking and traffic deaths have decreased significantly from 1980 to present and has remained relatively stable over the past decade.
- Teen drug use has decreased from 1980 to present overall, but trends show drug use has risen significantly on an annual basis from 1992 to present.
- Washington State has the third highest number of methamphetamine (meth) labs in the nation.
- **Ecstasy, Special K and GHB (date rape drug) are some of the most popular club or designer drugs of the decade that teens are choosing. They are often used at all-night dance parties, concerts or nightclubs (“raves”) and can cause serious health risks or even death. GHB is made from hundreds of different household and commercial products such as cleaning solutions, paint products and lighter fluid.**

- Teen smoking has decreased from 1980 to present in part due to the collective effort and resources of many public and private organizations.
- More than 2,000 teens start smoking every day, down from 3,000 per day over the past decade. The vast majority of adults who smoke began **smoking** in high school.
- 28% of Washington State high school students smoke, compared to 21% of Washington adults.
- The National Center on Addiction and Substance Abuse (CASA) and other public organizations have recognized and continue to strongly promote the idea that **“Parents are the single most important influence on teen’s decision to smoke, drink or use drugs. Yet they have found many parents do not fully understand the extent of their influence.”**

When teens were asked **where** they **use** tobacco, alcohol or other drugs ...

- #1 place – “in their own home” (20% reported)
- #2 place – “at their friend’s home” (17% reported)
- #3 place – “in their community” (14% reported)  
*(in a park, forest preserve)*
- #4 place – “in a car” (10% reported)
- #5 place – “at school” (4% reported)

When teens were asked **when** they **use** tobacco, alcohol and other drugs most often ... they reported between the hours of **3:00 pm and 6:00 pm**.



- Teens who are involved in organized sports, after school activities or youth groups are less likely to smoke or use drugs.
- Research shows 13 year olds are increasingly exposed to drugs. This is also the age where children are moving away from parental control and influence and in no other time period do teen’s perceptions and attitudes shift so markedly.

Know the Laws —  
Know the Risks —  
Know the Consequences!



### Liability for Teens and Adults

As families seek to establish acceptable guidelines of responsibility and behavior within their homes, motor vehicles and communities, a basic knowledge of criminal and civil penalties must be included in the discussion. It's important to remember that criminal acts can be the basis for civil liabilities. Well-informed adults and teens together can reduce the opportunity of having to deal with a crisis if they have the facts *prior* to making critical decisions.

**The following information is being provided as a reference guide only.** Know that laws and statutes can change and that prosecution can be situational. Also, adult sentencing can differ significantly from minors under the age of 18.

The Juvenile Justice Act of 1977 significantly changed the process of juvenile corrections in Washington State. The system operates with an elaborate point system. Each time a youth is convicted of a crime, a certain number of points are assigned, based on age, prior criminal record and severity of the current crime under court review. Typically 110 points will send a youth to a juvenile rehabilitation facility.

**However, juveniles age 15 and over may be declined by the juvenile justice system and remanded to the adult court system for a Class A Offense or attempt to commit a Class A Offense. If sentenced through the adult court process, the juvenile would be sentenced and enter the adult prison system.**

While minors under 18, can be charged with serious offenses such as a DUI (Driving Under the Influence) or a MIP (Minors

in Possession), adults 18 or older can be charged with a DUI, Misdemeanors, Gross Misdemeanors or other offenses. In all cases, **you will be required** to appear in court, hire a lawyer or obtain a public defender. A criminal conviction will follow you on your permanent record and must be included on job applications and foreign paperwork, such as passports.

**BE INFORMED!**



## Drivers License Restrictions

### Did you know ...

In the State of Washington, the intermediate license for teens:

- requires that the first six months of driving, teens can't have passengers under the age of 20, except for family members
- after six months, and for the remaining time of your intermediate license, up to three teenage passengers can be in the car in addition to family members
- driving is prohibited between the hours of 1 am and 5 am, unless accompanied by a parent, guardian or other driver over the age of 25 years

**PENALTIES: First violation gets a written warning. The second results in suspension of the intermediate license for six months. The third violation means a license suspension until the age of 18.**

Restrictions are automatically lifted when you've had an intermediate license for one year and:

1. You have not been involved in an automobile collision.
2. You have not been convicted or found to have committed a rules-of-the-road traffic offense

**Your first moving violation ticket, (for speeding, having teens in your vehicle before the six month term ends, failure to yield to others) can raise your insurance rates by 150%, 200% or even 300%.**

# School Traffic Court



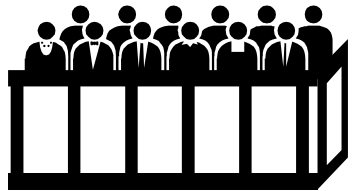
Issaquah High School

## Did you know ...

The Skyline and Issaquah High School Student Traffic Court allows students who have been cited for minor traffic infractions to take responsibility for those violations, while keeping their relatively new driving records clean. Students who appear before the court receive a penalty of community service hours to be performed; if performed successfully, the infraction is dismissed. Liberty High School is not currently enrolled in this program due to county budget constraints, but will continue to consider it in the future.

## How it Works ...

When a student is cited for a traffic violation, the citation is filed with the District Court. The student needs to indicate on the back of the citation that he/she wishes to “mitigate” the infraction and wants to attend the Student Court. The District Court will refer cases to the school and the school will send a summons to the student indicating their court date. Students may only take advantage of the Student Court opportunity once. A second offense will not be referred to the Student Court. However, if a student has prior traffic violations but has never been to the Student Court, he/she may have the new offense referred there.



## Vehicle

### Did you know ...

- It is illegal for anyone under the age of 21 to drink. If you are under 21 and driving with a BAC (Blood Alcohol Content) of **.02%** or more, you have committed a DUI (Driving Under the Influence). You can be arrested and prosecuted.
- **You can also be arrested for a DUI with a BAC level lower than .02%**, if you are driving and are impaired due to alcohol, drugs or even over the counter medications (OTC).
- OTC Medications, such as cough syrups, allergy or sleep medicines can affect your driving and your driving privileges. Read the labels carefully.



### Driving Under the Influence (DUI):

- **First Offense** – if you are arrested and your blood alcohol content (BAC) is .08 or more (.02 if you are under age 21) your license will be suspended for 90 days. If you are found guilty, fines could be up to \$1,000 plus court cost and other penalties may apply. You could be sentenced up to 1 year in jail and your license could be revoked for up to 1 year along with possible seizure of your vehicle.
- **Second Offense** - if you have been arrested more than once within the past seven years, your license will be revoked for two years and if you have a prior alcohol violation, your license can be revoked up to four years, along with fines up to \$5,000, possible imprisonment or home detention, along with possible seizure and loss of your vehicle.. If arrested more than once and you are under the age of 21 years, your license is revoked for 1 year or until you are 21, which ever is longer.
- DUI that results in the loss of life (**Vehicular Homicide**) is a Class A Felony.

**PENALTIES: Maximum sentencing could include fines up to \$50,000 and/or life imprisonment.**



*Issaquah Police Station*

### **Implied Consent Law:**

- If you operate a motor vehicle in the State of Washington, you have agreed to take a breath or blood test to determine the alcohol in your system.

**PENALTIES: failure to consent to test results in loss of license for 1 year.**

- If you are in an accident and are suspected of having used alcohol or drugs, you also have the right to ask for a breath or blood test to determine your innocence.

### **Open Container Law:**

- It is illegal to transport, carry or possess any opened alcoholic beverage in a vehicle.
- It is illegal to drink any alcoholic beverage in a motor vehicle upon any highway.
- It is illegal to incorrectly label the original container of alcohol or place an alcoholic beverage into a container labeled as non-alcoholic.

**PENALTIES: In addition to possible DUI charges, adults over age 21 commit a traffic infraction, while minors could be charged with a MIP (Minors In Possession) and sentenced under Local Sanctions with fines up to \$500 and/or 30 days**

**of detention and/or up to 12 months supervision and/or 150 community service hours.**

A DUI conviction or even minor offences such as shoplifting can be used by foreign countries, such as Canada, to **deny your entry into their country**. What type of job, vacation (skiing) and travel plans do you envision for your future?

- **In a limousine**, or other vehicle, it is illegal for an owner of a vehicle (or person having control over the vehicle) to knowingly permit or allow persons under 21 to be assembled in the vehicle in possession of alcohol. (Gross Misdemeanor)  
**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

**A recent insurance study found:**

- 54% of teenage motor vehicle deaths occur on Fri., Sat, or Sun.
- 43% of teenage motor vehicle deaths occurred between 9 pm and 6 am.
- 79% of teenage motor vehicle deaths occurring between midnight and 3 am involved alcohol.

## Home

### Did you know ...

- It is illegal for parents or guardians to knowingly allow underage consumption of alcohol on their property. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal for any adult, parent or guardian to sell, give or supply alcohol to any person under 21 for purposes of consuming on their property. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal to furnish or provide a keg or other container containing 4 or more gallons of malt liquor to a person under the age of 21. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

Parents and legal guardians could be liable in a civil suit for monetary damages brought against them by anyone who suffers personal injury or property loss through the actions of an intoxicated person whose intoxication is the result of that parent furnishing the alcohol or permitting the alcohol use.

38% of all pedestrians 16 years or older killed in traffic crashes in 2000 had alcohol in their system.

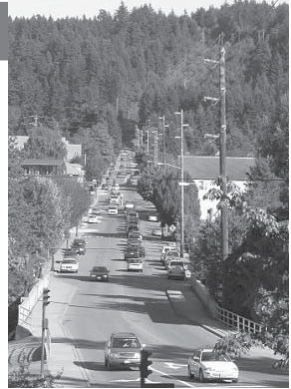


## Community

### Did you know ...

- It is illegal for persons under the age of 21 to provide alcohol to other minors. (Minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

**PENALTIES: can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.**



- It is illegal for any adult, after purchasing or otherwise obtaining alcohol to sell, give or furnish such alcohol to persons under the age of 21. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal for any hotel/motel employee to rent a room to persons under age 21 knowing that alcohol will be consumed there. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal for any person to rent or pay for a motel/hotel room or facility for the purpose or with the knowledge of consumption of alcohol by persons under 21. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal to obtain, display, possess or use an ID card or driver's license that is fraudulent or fictitious to lend your ID card or drivers license or, **to alter or deface any identification or to allow another person to use your identification** to obtain a false ID (or for any other unlawful use.) (Misdemeanor for adults and minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

**PENALTIES: adult penalties can include fines up to \$1,000 and/or imprisonment of up to 90 days. Minors' penalties can**

**include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.**

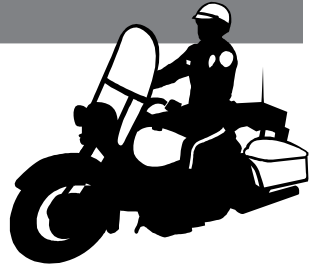
**A few newspapers have reported that some prosecutors have charged individuals with terrorism under the Homeland Security Act, for altering or defacing identification cards, such as drivers licenses or for manufacturing illegal drugs, such as meth.**

## Anywhere ... Anytime ...

### Did you know ...

- It is illegal for persons under 18 to possess, purchase, attempt to purchase or misrepresent their age to purchase any **Tobacco** products.

**PENALTIES: class 3 civil infraction with a \$50 fine, not including statutory assessments.**



- It is illegal for any person to sell, give or permit to be sold or given to any person under 18 any Tobacco products. (Gross Misdemeanor)

**PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.**

- It is illegal for any person to use an item of **Drug Paraphernalia** to plant, propagate grow, store, contain, inject, ingest, inhale into your body a controlled substance. (Misdemeanor for adults and minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

**PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. Penalties for minors can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.**

- It is illegal for any person to possess any **Controlled Substances**, including narcotics, non-prescription drugs, designer drugs and hallucinogens. (Misdemeanor for adults and a B+ Offense for Minors.)

**PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. The standard range for a first time minor offender is 15-36 weeks incarcerated in a juvenile rehabilitation facility and for a fourth time juvenile offense, the standard range of incarceration is 103 to 121 weeks at a juvenile rehabilitation facility.**

- It is illegal to be in possession of marijuana, no matter what amount, even less than 40 grams. (Misdemeanor for adults and minors can be sentenced with **Local Sanctions**

under the Juvenile Justice Act.)

**PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. Penalties for minors can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.**

Popular designer or club drugs such as GHB (the date rape drug) and Rohypnol, (roofies, roach or rope) are tasteless and odorless when dissolved in a drink. They can produce disinhibition, amnesia or blackouts. With an alcoholic induced blackout, there tends to be foggy recollection of the previous few hours, but not so with GHB. If you have any suspicions, go to a hospital for testing. These drugs are often used for the purposes of sexual assault and/or robbery.

## Know These Alcohol, Drug, Depression and Suicide Warning Signs



The following is a list of symptoms that may indicate adolescent alcohol or drug use, depression or risk of suicide. The difference between normal adolescent behavior and behavior that may indicate substance use or abuse is sometimes a matter of degree and consistency.

**Look for a series of changes, not just one isolated incident.**

As a parent, you have to act on your knowledge of normal behaviors and use your own intuition. Ignoring suspicious behavior will not make it go away and may harm your child. Most families need professional help in dealing with serious substance abuse, depression or sign of suicide.

### Change in Friends

- Old friends are dropped
- New friends are not known to parents
- Phone calls from “new” friends are often taken behind closed doors

### Mood Swings

- Easily frustrated (short fuse)
- Defiant and defensive
- Impulsive
- Anxious/nervous (can’t sit still)
- Paranoia
- Bizarre behavior
- Unexplained giddiness
- Withdrawn and depressed
- Intensity or magnification of all situations

### Eating Habits

- Loss of weight
- Avoids family meals
- Sudden increased appetite
- Excessive/restrictive food choices
- Late night “munchies”

### Problems at School

- Increasing calls from school about:
  - lack of concentration or motivation
  - drop in grades
  - frequent unexcused tardiness and class absences (especially at the beginning/end of the day or during lunch periods)
  - fighting
  - accusations of stealing

### Change in Physical Appearance

- Eyes may be red/bloodshot,
- Glassy/glazed over or have dark circles
- Pupils may be large and dilated or tiny and constricted
- Skin may be pale and pasty, reddened or flushed or form sudden acne
- Hair, clothes and accessories may change dramatically
- Decreased concern with hygiene

### Increased Illness/Accidents

- Impaired coordination
- Unexplainable and frequent

- bruises, cuts, scrapes, burns
- Frequent and long lasting colds/flu's
- Difficult to rouse/wake up
- Frequent complaints (especially in the morning) about “not feeling good”
- Increasing incidents of staying home from school “ill”
- Then making “miraculous” recovery in the evening and “has to go out”

### What You May See ...

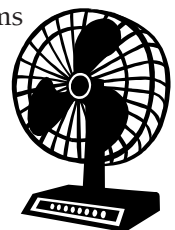
- Missing bottles of alcohol or pills



- Wearing dark glasses indoors or at night
- Wearing jackets or heavy clothes when it is not necessary (to “stash” items or conceal exposed skin)
- Drinking lots of caffeinated beverages (to wake up)
- Drinking a lot of water (in an attempt to throw off a possible drug test)

### What You May Find ...

- Fans in bedrooms or opened windows in the middle of winter



- Towels or blankets stuffed under door
- Incense or air freshener
- Eye drops
- Plastic baggies
- Plastic film canisters
- Lighters, matches, ashtrays
- Drug paraphernalia such as pipes, bong, roach clips, or cigarette “rolling” papers
- Publications promoting drug legalization and use (such as High Times)
- Books, internet sites dealing with death or suicide

### What You May Hear ...

- Child lies or talks in circles about:
  - where they have been
  - who they’ve been with
  - explanations sound reasonable at the time, yet later seem out of order
- Casual comments condoning use or legalization of drugs
- Drastic changes in values or beliefs
- Talks of worthlessness and self-blame

### Spends A Lot of Time ...

- Out with friends (often late or after curfew)
- In isolation:
  - sleeping during the day
  - watching TV
  - listening to music
  - in their room alone

### About Money

- Unable to reasonably explain where money was spent
- Unable to explain where large amounts of money (or expensive items) came from
- Other family member’s money or valuables disappear that can be later sold or returned for cash



### Avoids Spending Time ...

- At home
- With family members or relatives (who they use to enjoy)
- At religious celebrations or events
- Playing sports or with hobbies they used to love
- Doing household chores
- Doing school work
- Working or looking for a job

### Police Contact

- *Initially* for suspected traffic violations
- *Later* for suspected:
  - theft
  - being in a car, at a party, or situation where alcohol/drugs were present
  - vandalism
  - fighting or other aggressive behavior
  - running away from home

## What Parents Can Do



When parents see signs of alcohol or drug use, depression or suicide, they need to become involved and take ACTION! Seek professional help and use resources available in your area to help protect your teen and your family.

### LEARN!!!

- Learn as much as you can about alcohol and drug use and abuse.
- Learn about the signs for depression and suicide.
- Learn to communicate and teach your teen how to communicate.
  - **Don't ask two questions in a row, without getting an answer to the first one**
  - Don't ask "Why" questions – they will lead to defensiveness; feels like judging
  - Ask about their feelings ("You look really upset about ...") and then validate, confirm or restate their feelings
- Learn about computers:
  - Set up guidelines for computer use in your home
  - Know the websites and history of visits to websites that your teen views
  - Review your teens Instant Messaging (IM) Away Messages and Profile

### BE THE "ENFORCER"!!!

- Use "tough love". Surveys of teens indicate it works.
- Don't be a friend ... Be the parent. Provide structure and guidelines.
- Set limits and discipline. Be fair and reasonable.
- Ask tough questions: **"Where are you going and who is going to be there and will alcohol or drugs be there?"** or **"Are you thinking about suicide? What plans do you have?"**

### BE THERE FOR YOUR KIDS!!!

- LISTEN!!! Be there when they fall (and they will) and help them grow and learn from their failures.
- Tell your child that their effort is important...not that they have to strive to be perfect. Don't PUSH!!!
- Praise your child. **Give them HUGS!** And then MORE HUGS!

- Encourage your teen to have several different groups of friends through sports, school, church or other outside activities.
- Surround them with adults, who can make an impact and will give them another safe place to turn to and an ear to listen.
- Reduce their stress by talking about peaks and valleys in your life. Be a good role model.

**A 1999 study from CASA, the National Center on Addiction and Substance Abuse, at Columbia University, states that teens whose parents have established rules and are “hands-on” parents, have better relationships with their parents and show a substantially lower risk of smoking, drinking and using drugs.**

- 79% of teens who ate dinner or a meal with their families, at least one time a week, were less likely to be involved in drugs, alcohol or smoking.
- The one commonality found between National Merit Scholars was not race, social or economic status but the fact that they tended to eat meals with their family.

## “Hands-On” Parenting

“Hands On” Parenting Included at Least 10 Out of Following 12 Actions:



- Monitor what their teens watch on TV
- Monitor what their teens do on the Internet
- Put restrictions on the CDs they buy
- Know where their teens are after school and on weekends
- Are told the truth by their teens about where they are really going
- Are “very aware” of their teens academic performance
- Impose a curfew
- Make clear they would be “extremely upset” if their teen used pot
- Eat dinner or another meal with their teens six or seven nights a week
- Turn off the TV during dinner
- Assign their teen regular chores, and
- Have an adult present when the teens return home from school

## When Teens Go Out

- Contact the parents of the party host to verify the occasion, location, phone numbers, duration, adult supervision and policy of drug/alcohol use; offer assistance.
- Have your teen call with **any** change in plans.
- Ask your teen to make sure phones and pagers are turned on and fully charged.
- Encourage your teen to leave any unchaperoned party. If trouble arises, they are “**guilty by association**”.
- Check the ending time to be sure it fits with curfew restrictions.
- Be awake when your teen comes home. If you retire early, set your alarm for your teen’s curfew.
- If your teen is staying overnight, plans should be made prior to the party and verified with the other parent.
- Be aware of your teen’s transportation. Allow your teen to always feel safe to call home for a ride or assistance.
- Have emergency funds in case your teen needs to take a taxi home.
- Discuss get together/party habits with your teen and their friends. **Make your expectations clear, while being open to communication.**



### Get-Togethers

A group of teens was asked whether they thought it was helpful or effective for parents to sign agreements with other parents about providing safe parties.

The kids looked completely confused. They wanted to know what safe parties were!

When they were told that it’s when a parent agrees to be home if there is a party and that there will be no alcohol served, the kids laughed and said, “Oh, that’s not a party. That’s a get-together. A party is a place where there are no parents.”

-- *From I'm on Your Side, Resolving Conflict With your Teenage Son or Daughter, by Jane Nelson and Lynn Lott*

## Hosting a Party

- Plan parties in advance with your teen.
- Encourage small parties; invitation only; set an ending time for the party so teens can be home by the legal curfew time.
- The teen and parent who are hosting the party should agree on ground rules before the party. You may wish to have names and phone numbers available in advance.
- Greet your teen's guests as they arrive. Be aware that teens can hide drugs and /or bring alcohol in disguised containers.
- An adult should be present and visible throughout the party. **Don't be pressured into staying out of sight.**
- Anyone who leaves the party should not be allowed to return. This discourages partygoers from leaving, drinking or using drugs elsewhere, and then returning to your home.
- Notify your neighbors when planning a large party.
- Notify parents of any teen who arrives at the party under the influence of alcohol or other drugs. Ensure the teen's safe transportation home. Never let anyone drive under the influence of alcohol or other drugs.
- Invite parents to stop by.
- Be alert for signs of alcohol or other drug use. Watch for inappropriate or prolonged activity outside, in restrooms or elsewhere in your home.
- Despite careful precautions, do not hesitate to call the police before the party gets out of hand.



## When Parents are Away

Many parties occur at homes of teens whose parents are out of town.



### Before you leave:

- Let your neighbors know when you'll be gone, when you will return and give them a telephone number where you may be reached.
- Make arrangements with a friend, relative or neighbor to keep an eye on your home.
- Provide supervision for your teen. Consider having a responsible adult stay in your house overnight and on weekends. Leave written authorization for this person to seek any necessary medical attention for your teen as well as an insurance card.
- **Let the parents of your teen's friends know you will be away.**
- Discuss all details, expectations and guidelines with your teen before you leave.
- Let teens know it's OK to call the police if a small get-together gets out of control.

Teens have been networking since the very beginning — they know all the latest scoop! **Be sure that as a parent, you are also networking.** Talk with other parents about guidelines for the evening. You will find that not “everybody” stays out late, rents a limousine for a school dance or allows co-ed sleepovers.

## Community Resources

A call to a family physician, a school official, link leader, or a community agency is a good first step in distinguishing common adolescent problems from alcohol and drug problems, or finding help when signs of depression or suicide are recognized. The following is a condensed list of possible community resources.



<b>Emergency</b>	<b>911</b>
<b>National Suicide Hotline</b>	<b>800-SUICIDE</b>
<b>Poison Control Center</b>	<b>206-526-2121</b>

### CRISIS HOTLINE

<b>24 hour Alcohol/Drug Helpline/Teenline</b>	<b>800-562-1240</b>
24 hour Crisis Line	206-461-3222
24 hour Runaway Youth Shelter	206-236-KIDS
Domestic Violence King Co. Sexual Assault Resource Center	800-562-6025
Teen Link	425-226-7273
	206-461-4922

### COUNSELING / MENTAL HEALTH SUPPORT

Friends of Youth, Issaquah	425-392-6367
River Valley Psychological Services, Issaquah	206-219-3139
Seattle Mental Health, NW Counseling, Bellevue	206-869-6634
Youth Eastside Services	425-747-4937

### DEATH / SUICIDE

Evergreen Hospital – Grief & Bereavement	425-899-1044
Harbourview, Seattle	206-332-3000
Overlake Hospital (emergency for attempted suicides)	425-688-5000

### DOMESTIC VIOLENCE

Eastside Domestic Violence Program	425-746-1940
Parents Anonymous (24-hour)	206-233-0139
	800-932-HOPE

### DRUG / ALCOHOL

Al-Anon/Alateen, Seattle	206-625-0000
Friends of Youth, Issaquah	425-869-6490
Lakeside Milam	425-392-8468
Narcotics Anonymous	206-329-1618

### EATING DISORDER

Eating Disorders Anonymous	206-903-9724
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### EMERGENCY SERVICES

Hopelink, Bellevue	425-943-7555
Issaquah Church & Community Services	425-391-0137

### LEGAL SERVICES

Eastside Legal Assistance	425-747-7274
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### MULTICULTURAL

African American Family Services	206-328-5774
Asian Counseling and Referral Services	206-695-7610
El Centro de la Raza	206-329-9442
Jewish Family Service	425-451-8512
Seattle Indian Center	206-329-8700

### PREGNANCY / TEEN PARENTING

Best Alternative School	425-828-3289
Eastside Healthy Start	425-869-6658
Planned Parenthood Seattle & King Co. Public Health Teenage Pregnancy & Parenting Program	425-747-1050
	206-205-6055

## Parent Resource Library



Bradley, Michael J.  
*Yes, Your Teen is Crazy*

Brooks, Andree  
*Children of Fast Track Parents*

Brown, Lyn Mikel  
*Meeting at the Crossroads*

Capuzzi, Dave  
*Preventing Adolescent Suicide*

Caron, Ann  
*Strong Mothers, Strong Sons  
Don't Stop Loving Me*

Dinkmeyer, Don  
*The Parents Handbook  
The Effective Parent  
Raising a Responsible Child*

Dodson, Fitzhugh  
*How to be a Father*

Dreikurs, Rudolf  
*Children: The Challenge*

Einstein, Elizabeth  
*Strengthening Your Stepfamily*

Elium, Don  
*Raising a Son*

Elkind, David  
*The Hurried Child*

Faber, Adele  
*How to Talk So Kids Will Listen  
& Listen So Kids Will Talk  
Siblings Without Rivalry*

Godrey, Neale S.  
*Money Doesn't grow on Trees*

Gurian, Michael  
*The Wonder of Boys*

Hallowell, Edward  
*Driven to Distraction*

Hipp, Earl  
*Feed Your Head: Some Excellent  
Stuff on Being Yourself*

Kaye, Kenneth  
*Family Rules:  
Raising  
Responsible Children*

Nelson, Jane  
*I'm on Your Side: Positive  
Discipline for Teenagers*

Newman, Susan  
*You Can Say No to a Drink or A Drug*

Pipher, Mary  
*Reviving Ophelia*

Pollack, William  
*Real Boys*

Scott, Sharon  
*How to Say No and Keep Your Friends*

Shapiro, Patricia G.  
*A Parent's Guide to Childhood  
And Adolescent Depression*

Tobias, Shelia  
*Overcoming Math Anxiety*

Wolf, Anthony E.  
*Get Out of My Life: But First Can You  
Drive Me & Cheryl to the Mall?*

Youngs, Bettie B.  
*Safeguarding Your Teenager from the  
Dragons of Life*

[www.ihs.org/safety\\_facts/](http://www.ihs.org/safety_facts/)  
[www.pmusa.com](http://www.pmusa.com)  
[www.madd.org](http://www.madd.org)  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)  
[issaquahyouth@yahoo.com](mailto:issaquahyouth@yahoo.com)  
[www.yspp.org](http://www.yspp.org)  
[www.ndsn.com](http://www.ndsn.com)  
[www.childstats.gov](http://www.childstats.gov)  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)  
[www.drugstrategies.com](http://www.drugstrategies.com)  
[casacolumbia.org](http://casacolumbia.org)  
[health.org](http://health.org)



**Parents, Teens & the Law**

**Issaquah PTSA Council**

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