

Going out, Parties, Alcohol

A Guide for Parents and Guardians
of under 16 year-olds and school children and youths



Accompaniment and support

Young people during the phase of becoming independent are seeking their identity. Parents should support this search with loving firmness. The young person needs discussion partners that have time for her/him.

Be influential

Discuss actively with your children, work out agreements and be prepared to negotiate them afresh from time to time. As parents, you must let the youngsters feel your trust in them but also the limits that you set. Living with adolescent children requires a lot of calmness and patience. The following ideas can help you as a guide.

More information and leaflets in foreign languages are available under: www.familienfragen.lu.ch



KANTON LUZERN



Luzerner
Lehrerinnen- und
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DROGEN FORUM THUNERSCHWEIZ



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Going out

As people responsible for their upbringing, you have the right and the duty to regulate the ins and outs of your child's going out habits. Take into consideration her/his state of development when negotiating agreements as well as the amount of trust you have in your child. Possible questions:

- Where are you going?
- How are you getting there and back?
- Who are you meeting?
- When will you be back home?

Parties and events

For children parties and events are important opportunities for meeting young people of the same age, for building up and trying out contacts outside the family. Show interest in your child's everyday lifestyle. This is a possibility of keeping in good contact during the period of becoming independent. Possible further questions:

- Who is organising the event?
- Where is the event taking place?
- How long will the event last?
- Are any adults taking part?
- Who is the event meant for?
- How and when are you coming home?

Recommendations:

- Make agreements and insist on their being kept.
- Talk about possible consequences of not keeping agreements.
- Be firm when agreements are broken.
- Show interest in your child's circle of friends.
- Let your child be able to contact you.
- Negotiate agreements for extraordinary situations.

Going out times

When should young people be back home? Enough sleep is for youngsters the basis for their physical and intellectual development. In

other words, enough sleep is very important for their health, their growth and their learning ability. However, not every person needs the same amount of sleep. Youths of 12 to 13 need on average 9-10, from the age of 14, 8-9 hours of sleep. The daily program (getting up time, way to/from school, school starting time, and/or family activities the day after) is another factor to consider when working out going out times.

Recommendations:

- Make binding agreements.
- Fit the agreement to the event.
- Consider the sleep rhythm of your child.

Over-Indulgence and addiction

For health reasons it is important to learn to cope with and differentiate between indulgence and addiction. This is part of the learning process during the development of young people. Excess consumption is harmful in the developing phase of children and youths. You as parents and guardians are therefore expected to watch over and influence the consumption pattern of your children. Young persons whose parents care about and influence the going out habits of their children consume less legal or illegal drugs.

Recommendations:

- Inform yourself or together with your children about ways and means of over-indulgence and addiction.
- Inform your child about the effects of alcohol consumption.
- Make agreements with your child about the consumption of alcohol and other means of addiction and self-indulgence.
- Encourage your child never to ride in a car with a drunken driver.

Guide for setting times

Arrival time at home during the week, during school term



We set:

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Arrival time at home at weekends and during the holidays



We set:

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