EXPECTATIONS FOR A NIGHT OUT

A resource of BNparents

If I break curfew:



www.bnparents.org

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 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 parental supervision is a privilege. I respect that my parents love me and want to keep me safe. My parents 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 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 frie	end's house, I will share the address and	l phone number with my parents.
	on school nights and	
	s. My curfew means inside my home and	• •
•	peak with my parents as soon as I come	
5. I will call and ask my parer checking in with them first	nt's permission if my plans have change	d and will not go anywhere without
6. I will respect the guideline. expected of me by my own	s set forth by my friend's parent, while I parents.	honoring the limits and values
	to keep up with my responsibilities, this the privilege of going out with friends.	s includes but is not limited to my school
	I my parents at any time if I feel threate sequences for pulling myself out of a ba	
student signature	parent signatu	ure
Planning Ahead Example: If I find myself in a car with so I have to pee) and then call my parent f		ike every attempt to stop the car (ie: pretending
 If I go to a party where there is alc 	ohol:	
 If I get to a party and realize there 	are no adults present:	
 If I find myself in a car with someo 	ne who has been drinking:	
Consequences we have Agree Example: If I drink alcohol, the privilege	eed on if Rules are Broken e of visiting friends' homes will be revok	ked for one month.
If I drink alcohol:		

Additional disciplinary enforcements: