



## SOME SUGGESTED GUIDELINES IF HOSTING A PARTY

Beforehand discuss with your child what they want from the party. Explain what your rules are e.g. upstairs off limits, rules about alcohol, supervision, what you deem suitable entertainment, times of the beginning and end of the party.

Boundaries must be sensible, realistic and consistent. Don't believe them when they claim other parents would be more tolerant. They may not like limits but they will come to appreciate them.

Consider the venue e.g. upstairs should be off-limits, gardens can be compromising too.

Parents should be present, discretely but in evidence. Don't leave young people on their own nor leave older siblings to police a party.

Do not allow alcohol to be brought into the house. We ask that there is no alcohol at parties for pupils in Year 10 or younger. As children get older, Year 11 upwards, if you wish provide a low alcohol punch but beware of spiking. Do **not** provide spirits. Do not leave drinks unattended.

Do have plenty of food available.

Don't allow smoking - if nothing else because it can disguise use of cannabis, but also it creates peer pressure and encourages others to smoke.

It's easier to have and hold a party when you have support from other parents, share phone numbers, make sure they know the end time; Some parents are dreadful at picking up!

Beware of gatecrashers. Do an invitation list – only allow those who are invited to get in.

Put valuable and sentimental things away.

Provide good sensible boundaries about legal and illegal drugs - children are then less likely to experiment.

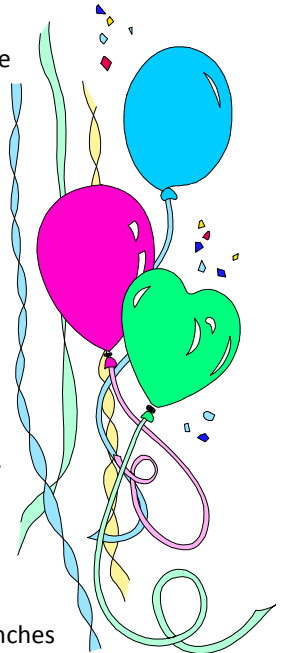
Girls will invite boys 2 – 3 years older but don't have too wide a range of ages – it makes it difficult to manage.

### Boarders

If boarders are on the guest list please remember to contact Nichola Haworth (njh@sevenoaks.school.org) well in advance - she will send you a form for information about e.g. names, travel details, whether alcohol will be available, levels of supervision, sleeping arrangements.

We have recently reviewed our policies and guidance on parties, and will not allow boarding pupils up to and including those in Year 10 to attend parties where alcohol is being provided, unless they have returned to the direct care of their parents or guardians first, and are therefore no longer under the school's care. We will allow Year 11 pupils, subject to parental permission, to attend parties where alcohol is served, subject to the following guidelines:

- supervision by one adult for every 15 pupils
- food, as well as alcohol, must be provided
- alcohol is restricted to beer of approximately 4% or less and wine to 12% or less
- no alcopops or other spirits may be given
- distribution is closely monitored
- shandy and fruit punches are good low/nil alcohol alternatives
- sufficient soft drinks are provided, including water.



### Dealing with problems:

If you believe someone arrives drunk phone their parents and ask them to collect them.

Illegal drugs - signs of drugs include dilated pupils, furtive behaviour, but you can't search people.

If you find drugs you could burn them or take them to the local pharmacy or Police station for

disposal. There is no obligation to inform the Police.

If your child makes a mistake don't respond by going over the top – support and tell them you love them.

If you're worried about trouble – call the Police.

Know first aid!

## CONSISTENCY BETWEEN PARENTS HELPS US ALL

### OTHER PEOPLE'S PARTIES

Always ring parents hosting a party – check the time it'll finish, who will be supervising, what the parents' boundaries are with regard to e.g. alcohol, smoking, what videos will be watched. (Some parents have no boundaries).

Leave your mobile on, or give a contact number



Ensure your child is aware that spiking drinks can happen especially at bigger venues e.g. with ecstasy or LSD. They should keep hold of their drinks. Cans and

bottles are less easy to spike than a glass.

Make sure they have something to eat before they go.

Discuss travel to and from – car, taxi, tube.

Make sure they have a phone card or mobile phone. Agree a code word which means they want to be collected.

Establish which taxi company they can use – be careful of roaming cabs.

Don't let them meet up in a pub first.

Time limits – re-negotiate as they get older e.g. "I think you're old enough to go till midnight" builds trust.

Keep lines of communication open.

Talk through issues e.g. how could they respond if a friend offered them illegal drugs.



### BALLS AND RAVE PARTIES IN VENUES

Speak to the organisers and always ask for the name of the person you are speaking to. What are their policies about drugs and alcohol? Do they screen for drugs? Do they have first aiders on site? What sort of security do they offer?

Some will have drug organisations to help them police – peer workers.

Do your kids have basic knowledge of first aid? Make sure they understand that if someone is ill from alcohol or illegal drugs it is more important to tell the truth so they get appropriate treatment. They need to be aware of the risks if someone's gone to sleep, and of hypothermia outside.