



Halloween Night and Teenagers

Halloween is almost upon us, and your teenagers are looking for something to do. They're too old to trick-or-treat, but you don't exactly relish the idea of letting them roam the streets with friends. The social aspect is important for teenagers, being with their friends on this night; so why not have a party at your house. Organising a party together is a great way to spend time with your teenager as well as an opportunity to teach them new skills and increase their self-esteem as they are involved in all aspects of the party from planning to shopping, food prep and hosting.

The first thing to establish is how many people can come. Together with your teen agree on a number and stick to it. Then let your teenager handle the invitation, which will most likely be through text or email. It is also important that everyone knows that there is a start and end time and some ground rules, for example, no alcohol. You might even want to invite other parents to help out and make a night of it!

Next decision to be made is what kind of party it will be. Will it have a theme, decorations or no decorations, costumes or no costumes? Teenagers will most likely have views on this and it can be helpful to go along with these as long as they are appropriate. Some ideas can be a who dunnit murder mystery theme or as teenagers love their music, perhaps a music-themed party. For food, teenagers are pretty easy-going, pizza and ice-cream usually does the trick!

If hosting a party is not your thing, there are other ways for teenagers to safely spend Halloween night. Have a slumber party for a small number of their friends. Provide your teenager's favourite movies and make popcorn and ice cream sundaes, they may even enjoy answering the door to all those trick or treaters that come around. If they are reluctant to stay in, many places host supervised, alcohol free Halloween discos for young people. This can be a safe way for them to spend the night and you can drop them off and pick them up to avoid any time spent hanging around.

Finally if your teenager is reluctant to have a party or go to a disco and wants to spend some time hanging out with their friends and maybe go to the local bonfire. Talk to them about keeping safe and set a time for them to be home by as well as a required phone call check-in time (or two) for the night.

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