



Kings Langley  
Secondary



Bedmond  
Primary



Bovingdon  
Primary Academy



Kings Langley  
Primary



Nash Mills  
Church of England  
Primary



Sarratt  
Church of England  
Primary



St Pauls Chipperfield  
Church of England  
Primary

## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*



# Top Tips—Teenagers Alone on Holiday A Guide for Parents

A regular dilemma faced by parents is whether or not to allow your older teens to go on holiday on their own for the first time. Teenagers may well want to go on holiday with friends or a boyfriend/girlfriend rather than with their family, especially if their friends are allowed to go away on their own, but its not easy for a parent to make this decision. Here are some tips that could help:

- ◆ Talk openly about what you see as the potential dangers in a practical way so that they don't tune out.
- ◆ Don't ever focus on anxieties and concerns—remember it is supposed to be fun for them.
- ◆ Make contact with their friends' parents so that you can share contact details and information.
- ◆ Ensure they have credit on their mobile phones and that they are charged and make a deal with them to text you every couple of days (check with the phone company that this is possible if holidaying abroad).
- ◆ If they meet someone and have a holiday romance, remind them of making safe decisions when it comes to having sex. Talk about choices and contraception.
- ◆ Make them aware of drinks being spiked and not putting themselves in vulnerable situations. Remind them of safety in pairs.
- ◆ Ensure they have access to a bank account or emergency money, e.g., in case they need to pay for healthcare upfront abroad.
- ◆ Get informed and talk about drugs, especially if they are likely to go to a club.
- ◆ Talk about drinking alcohol in moderation especially when mixed with the hot sun.



0808 800 2222  
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Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For more information visit [www.familylives.org.uk](http://www.familylives.org.uk) or contact Student and Family Services on 01923 271744 or 01442 278793