

Remember your prom experience?



Getting dressed up, looking your best, and enjoying a special night with your friends are all part of the prom ritual. But between picking out the dress or tuxedo, to finding a date, to worrying about how you look and being accepted by peers, proms can also be stressful.

Teens are also under more pressure during prom season to use alcohol or drugs than any other time of year. Alcohol use on prom night makes it more difficult for teens to make good decisions. They may behave in uncharacteristic ways that put their health and safety at risk.

What every parent
should know about

**prom
night**

...and after

See prom safety tips on page 2

Speak to your child all year long about the dangers of alcohol and other drugs on their developing brain. Encourage them to get help if a friend is ever in trouble. Your teen will likely seek your help with an issue regarding alcohol if you maintain a close, supportive relationship.



The PREVENTION COUNCIL

Helping youth navigate life's challenges

125 High Rock Avenue, Suite 200
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www.preventioncouncil.org

For additional **parenting tools**, visit:

timetofacethefacts.com

powertotheparent.org

Prepared in conjunction with:

Student Assistance Services Corp.
660 White Plains Road, Tarrytown, NY 10591

Office of Drug Abuse Prevention & STOP-DWI
112 East Post Road, 3rd Floor, White Plains, NY 10601

Spring 2015

Before Prom

- **Tell** your teen that you love them and your primary concern is for their health and safety.

- **Ask** your teen what the plans are for post-prom celebrations.



- **Share** your thoughts on situations that might arise and discuss ways to handle them.

- **Ask** your teen to call or text you to keep you updated as to where they are and, if there are concerns, to call or text you immediately.

- **Stress** that you will pick up your teen at any place and anytime if they want to come home, and agree on a call or a text alert with no questions asked.

- **Talk** to your teen about prom and after-prom events that your teen is planning to attend. Tell your teen to contact you post-prom, and discuss when you expect them home.

- **Restate** your concerns for your teen's health and safety and your expectations of them.



To Prom

By limousine:

- **Speak** directly to the driver and discuss your expectations for an alcohol and drug free ride.

- **Inspect** the limousine, including the trunk, to make sure it is alcohol and drug free.

- **Emphasize** to the driver not to allow in the limousine any nonalcoholic beverages that are open or have the seal broken.

- **Tell** the driver that you do not want any stops made along the way to or from the prom.



By car:

- **Ask** your teen who they will be riding with to and from prom. Tell your teen to contact you if these plans change.

- **Emphasize** to your teen never to ride with someone under the influence of alcohol or other drugs.

- **Review** your expectations of safe driving if **your** teen is the driver.

Teens with a junior driver's license:

- Can have only one passenger under 21
- Can **not** drive after 9pm (an extracurricular school event such as prom **is not exempt** from this law).

After Prom

- **Check in** to make sure the plans haven't changed for your teen's post-prom celebrations.



After prom parties:

- **Talk** with the parents hosting before and after prom parties to ensure **no alcohol** will be served or allowed at the party.

- **Verify** there will be adult supervision.

- **Avoid** renting hotel rooms for unsupervised prom parties.

- **Lock up** alcohol in your own home if you are hosting a party or your teen is having friends over.

- **Remind** your teen to call 911 immediately if someone at a party has lost consciousness from alcohol or drug use. Assure them they won't get in trouble for seeking help.

- **Limit** late night driving. Drowsy driving can be as dangerous as driving while under the influence.

- **Stay awake** until your teen arrives home or to their destination safely.