



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. *Substance 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.

Talk to your teen.
Their choices affect
their future.



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.

For additional parenting tools, visit:

- PowerToTheParent.org
- ParentsEmpowered.org
- Drugfree.org
- Talk2Prevent.NY.gov

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What every parent
should know about

prom
night



The PREVENTION COUNCIL
Helping youth navigate life's challenges

Before Prom

- Tell your teen that you love them and your primary concern is for their health and safety.
- Ask your teen about their post-prom celebrations. Discuss when you expect them home.
- 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.
- 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 limo, including the trunk, to make sure it is alcohol and drug free.
- **Emphasize** to the driver not to allow in the limo any nonalcoholic beverages that are open or have the seal broken.
- **Tell** the limo 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.

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 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 if 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.



Teens with a Junior Driver's License

- *Can have only 1 passenger under 21*
- *Can not drive after 9pm*

(Law states that Junior Drivers may NOT drive after 9pm for extracurricular school activities, which includes prom).