

Prom Night Driving Tips

- Keep an eye on your date/driver to make sure they do not drink any alcohol.
- Alcohol slows reaction time and impairs vision, clear thinking, judgment, and coordination.
- There are more drunk drivers on the roads during the weekend. Keep a close eye on oncoming drivers, as impaired drivers tend to drive toward lights.
- Know where you are going before prom night and have directions to those places.
- After your red light turns green, wait a second before pulling in to the intersection, just to be safe.
- Drive on well lit roads, and carry a phone if possible.
- Keep the radio volume turned low enough so your driver can concentrate on getting you to and from the fun.

Make your
Prom Night a
Safe and
Sober One

**SAFE &
SOBER
*Prom Night***

Hosting Teenage Parties

- An adult should be present at home throughout the party.
- When possible, do not have the party in a separate part of the house.
- Parents need to stay visible during the party.
- Bring in snacks or non-alcoholic beverages, wander through to say hello.
- **It is against the law to provide minors with alcohol or permit it to be served to minors in your home.**
- Anyone who leaves the party will not be allowed to return.
- Explain to your teen that you are legally responsible for anything that happens to a minor who has been served alcohol in your home and that uninvited guests or those bringing in alcohol or other drugs will be asked to leave.

When your Teen Attends a Party

- Contact the adults to verify the occasion and the time of the party.
- Make sure that an adult will be home and that there will be no alcohol or other drugs permitted.
- Have the address and phone number of the party.
- Arrange transportation beforehand. Assure your teen that you or a specified neighbor or friend can be called if a ride home is needed.
- Agree on times before the party starts.
- Be awake when your teen gets home. It is not only a sure way of checking the time, it also gives your teen a chance to talk about the party.

No matter how
strong the family
relationship, many
parents are still
unaware of the
choices teens face
every day

West Warwick Substance Abuse Prevention Task Force



Prom Safety Tips

Advice for Parents and Teens

Thank you to the Rhode Island State Police for
contents

Prom night is probably the most anticipated night of the year for teens and the most dreaded for their parents.

Most teens heading off to their prom will tell their parents that they know everything about drinking and driving, and their parents' other concerns.

Prom night always seems to be linked with drunk-driving injuries, deaths, date rapes and pregnancies. It has become the night where teens' poor judgment and dangerous choices have become institutionalized.

*The following tips
may ease prom anxieties
and keep our kids safe.*

Involved Parenting is the Best Prevention

Research consistently shows that parents remain a powerful influence in fostering healthy teen development and preventing negative outcomes.

Tips for Parents

- Know and discuss the school code of conduct before the prom with your child
- Does the school code of conduct extend to off-site functions that have been approved by the school?
- Know who your child is attending the prom with and obtain their cell phone numbers.
- Discuss the events for pre and post prom parties with other parents
- Talk with your child about the dangers of club drugs, warning signs and who to notify for assistance
- Pre-plan and role-play answers that your child can use to get out of uncomfortable situations. (e.g., offered alcohol, getting a ride

from an intoxicated driver, unwanted sexual advances, etc.)

- Discuss guidelines and a curfew. Discuss the consequences of violating these rules.
- Discuss travel plans, use a reputable limousine service that will not allow a person to bring, serve or introduce alcohol in to the vehicle.
- Know who is driving to the prom and who will be a passenger. Limit the number of passengers to increase safety and reduce driver distractions.
- Know the location of post prom parties and who is sponsoring them.
- Talk to your teenager about the serious dangers and consequences of underage drinking and driving. If your child's plans change, confirm the change with the parents of other children.
- Remind your child that you are there for them, if they need a ride home or to an after prom affair.

Tips for Teens

- Alcohol is illegal for persons under the age of twenty-one. Underage drinking is illegal and can result in arrest, injury or worse!!
- Do not let friends drink and drive.
- Plan ahead and make sure you have a safe plan for prom night.

- Discuss your plans with your friends; remind each other about responsible decision-making and confronting peer pressure
- Do not accept any drinks from someone you do not know. If you leave your drink, discard it and get a new one. Do not leave your possessions unattended.
- Learn the warning signs for alcohol poisoning and drug intoxication, contact 911 for assistance and immediate treatment.
- Have a responsible person available for transportation for a safe ride home or in case an emergency arises.
- Remember to charge your cell phone and have it with you.
- Know where you are and where you are going; keep your parents and friends informed.
- Trust your instincts-if you feel endangered or uncomfortable, leave immediately.
- Intoxication by alcohol or drugs can lead to poor judgment and dangerous situations.
- Remember to contact your parents if your plans change.
- Practice and discuss answers you can use to get out of uncomfortable situations.
- Do not allow anyone in your car or limo that has alcohol, drugs or weapons. It is dangerous and everyone in the car is at risk of getting arrested.
- It is illegal to alter your drivers' license or any other form of government identification.