

After the prom,

- See your adolescent when he/she comes home. If your teen has obviously been drinking or using other drugs, don't let him/her go back out.
- Talk to your teen about his/her experience.
- Compliment them on good choices they made.
- Problem solve around difficult situations that may have arisen.

Things to remember:

- Accidents can happen going to, coming from, and at the beach, hotel room, club, and other after-prom sites.
- Vomiting, passing out, and other alcohol and drug related incidents can result in damaged reputations, lowered self-esteem, and ruined relationships.
- Driving while tired may be as dangerous as driving while under the influence of alcohol and other drugs.



For more information, please contact the Office of Drug Prevention STOP-DWI, 150 Grand Street, White Plains, NY 10601 (914) 995-4115 or check out our website at www.westchestergov.com/stopdwi or e-mail Stop DWI at tam7@westchestergov.com

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WHAT
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ABOUT
PROM
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...AND AFTER

WHAT EVERY PARENT SHOULD KNOW ABOUT PROM NIGHT ... AND AFTER

Remember your prom experience. Some things have changed and some things are exactly the same. Many adolescents go to the prom with someone they don't know well or know only as a classmate or friend. Yet they are expected to dance together and spend time together at post prom activities, which often are unchaperoned. Many adolescents also feel pressured to have sex with their prom date, even when they don't know each other well. These situations cause enormous stress for adolescents.

To cope with these pressures many adolescents use alcohol and/or other drugs. The use of these substances can cause relaxation, loss of inhibitions, and alter perception, judgment, feelings and behavior. In other words, an adolescent may do things that they normally would not do. They may behave in uncharacteristic ways including making questionable choices about sexual behavior, and other behaviors that put their health and safety at risk.

WHAT CAN PARENTS DO?

All year long get educated about the current drug use trends in your community

- Speak to your Student Assistance Counselor, school guidance personnel, and PTA representatives. Attend educational workshops that address the issues of young people and alcohol and other drug use.
- Tell your child about the dangers of alcohol/other drugs including medical emergencies like alcohol poisoning. Encourage them to get help if a friend is in trouble. They should tell an adult immediately if someone has lost consciousness. If they are hesitant to notify an adult, tell them to call POISON Control for anonymous advice.

At least a week before the prom,

Talk to your son or daughter.

- State that you love him/her and your primary concern is for his/her health and safety.
- Ask your adolescent what they expect from prom night and ask if they have any concerns.
- Ask what plans are in place (if any) for post prom celebrations.
- Reassure your adolescent that you understand prom night pressures and fears and list them.
- Discuss your position on situations that might arise. Suggest ways to handle these situations.
- Ask your adolescent for other ways these situations can be handled and evaluate the different strategies.
- Ask your son/daughter to think about these issues and tell him/her you'd like to continue the discussion.

At least one day before the prom,

- Re-state your concerns for health and safety and re-state your expectations.
- Ask if he/she has additional thoughts or feelings.
- Get a schedule of the event(s). Where will he/she be at what time? What time can you expect to hear from him/her and/or what time will he/she be home?
- Stress you will pick him/her up whenever or wherever if he/she wants to come home, or you will leave money for a taxi if they don't want to call you but want to come home.

When the Limousine or party van comes:

- Speak directly to the driver and discuss your expectations for an alcohol/drug free ride.
- Inspect the limousine, including the trunk, to make sure it is alcohol/drug free.
- Do not permit non-alcoholic beverages in the limousine if the seal has been broken or the beverage opened.
- Tell the driver you do not want any stops made on the way to the prom.