

## Parent/Caregiver Tips for a Safe Prom Night

### Talk to your teens!

- Reinforce your primary concern is their **safety**
- **Ask** your teenager if they have any apprehensions about prom night—pressures, not wanting to feel left out. Let them know you understand that prom night comes with pressures and maybe even fears. Encourage them to talk, and you **LISTEN**.
- Are any post prom celebrations planned? Know what and where they are and **MAKE THE CALL** to the Host Parents in advance.
- Discuss with your teen **YOUR expectations**. **They are listening!** Despite peer pressure, *parents, you still have the strongest influence on kids, even when they pretend you don't!*
- **Help your teen avoid uncomfortable or dangerous** situations by working out a way to connect that allows him or her 'save face' - a [text message or code word](#) that indicates they need you to get them home. Let them know you **WILL PICK THEM UP, no questions asked**. Safety first, always.



### REMEMBER...

A teen's brain is still developing. **GOOD kids can make REALLY bad decisions**. The teen brain is very sensitive to the effects of alcohol, marijuana and other drugs. Tell them you are concerned for their safety.

### KIDS WHOSE PARENTS ARE INVOLVED ARE LESS LIKELY TO USE DRUGS & ALCOHOL.

#### Know Social Host Liability Law

Essex County D.A. Jonathan Blodgett: *"When it comes to underage drinking, the law is clear. If you are 21 years old, you may consume alcohol. If you are not, you may not. If you have a party, you may not provide, give or allow any of your guests who are under 21 to possess alcohol. As a parent you may be tempted to allow your son or daughter to have some friends over to drink especially during prom and graduation season. You may think that by collecting the car keys, you can control it and that they will be safe. Not only is that against the law, it is not safe."*

Adults who are charged with a violation of this law face a fine of not more than \$2,000 and up to and/or imprisonment for a maximum of one year.

For more information:

[Social Host Law: Information for Parents](#)

[How Do I Keep My Kid Safe at the After-Party?](#)

Other Resources:

[www.cdc.gov/family/prom/](http://www.cdc.gov/family/prom/)

[powertotheparent.org/toolkit/prom-safety/](http://powertotheparent.org/toolkit/prom-safety/)

[www.safesober.com/prom-tips-facts/](http://www.safesober.com/prom-tips-facts/)

[www.sheknows.com/parenting/articles/953443/prom-night-safety-tips](http://www.sheknows.com/parenting/articles/953443/prom-night-safety-tips)

[cathytaughinbaugh.com/how-to-survive-prom-night-and-keep-teens-safe/](http://cathytaughinbaugh.com/how-to-survive-prom-night-and-keep-teens-safe/)

[Taylor's Message](#) (brief video)

[tritowncouncil.org](http://tritowncouncil.org)

[Teen Brain Under Construction](#) (video)