

MPS Student Support Services

Top 10 Prom Safety Tips

#1 Talk to your teen about his or her plans.

- Start talking now as prom plans are developing. Share in their enthusiasm but help them be practical.
- Make sure your teen has a plan for before and after the dance. Discuss your rules and expectations.
- Make sure you know all the details of the plan.

#2 Meet with the parents of your teen's prom group.

- Come to a consensus on curfew and pre and post-prom plans.
- Ensure appropriate parental supervision for pre-and post-prom parties by talking to the host's parents. Offer to help by bringing food to share, taking party pictures and helping to chaperone.
- Ensure all teens in the group have the same plans.

#3 Discuss driving.

- Know who is driving and who their passengers are.
- Insist on seat belt use, no illegal substances including alcohol in the car, no driving under the influence and absolutely no riding in a car with a driver under the influence.
- If taking a limo, insist on a limo service that does not allow alcohol, tobacco or drug use by minors. Communicate directly with the driver about your expectations.

#4 Avoid hotel rooms post-prom.

- A hotel party cannot be effectively supervised. A parent staying at the same hotel in another room isn't enough.
- A teen in a hotel room has no effective means of retreat if he or she feels uncomfortable with the group, the setting or the activities.
- Hotel parties may include non-high school students who likely have very different agendas.
- A hotel room setting increases the pressure on teens to have sex, party all night or partake in activities they may regret later.

#5 Discuss your school's prom rules with your teen.

- Make sure they understand the consequences for violating them.
- MPS discipline policy applies to prom

#6 Remove or lock up alcohol and prescription drugs in your home.

- The majority of the time teenagers drink or abuse prescription drugs they get their alcohol or medications from their own home or the homes of friends.
- Make sure older siblings and other family members and friends know they are not to buy alcohol for your child.

#7 Agree on a curfew; touch base during the evening and be awake to talk to your teen when they get home.

#8 Communicate with your teen specifically about how he/she would handle difficult situations.

- What should they do if they are offered a ride by an intoxicated driver, being offered alcohol or other drugs?
- What should they say if they are being pressured to have sex?
- Be sure to provide parental advice how best to deal with problems that may arise.
- Keep your cell phone on until you teen has arrived home safely.

#9 Insist that there are to be no changes made to the prom plans without your approval, and make that a firm rule with no exceptions allowed.

#10 Check in with your teen during the evening (remember that they will read a text before they will answer their cell) Have him/her check in with you at designated times, particularly pre and post prom times.

Tips adapted from SAAD/MADD and The Partnership for a Drug Free America
For more information, visit www.madd.org, www.sadd.org or www.drugfree.org