

Prom Promise Suggestions for Parents

One of the most effective prevention efforts is to simply talk with teens about the dangers of drinking on prom night and the associated consequences and risks. Parents can also follow these simple tips to help make their teen's prom one to remember - not one to regret:

- Participate in your teen's prom preparations.
- Discuss what limits and guidelines you want to set.
- Make sure your teen has a plan for the evening and that you know what that plan is.
- Know who is driving and ensure that your teen has safe and reliable transportation for the entire night.
- If a rented limousine is used, check the company's policy on allowing underage alcohol consumption in the vehicle.
- Encourage seatbelt use at all times.
- Talk with your teen about peer pressure.
- Discuss the school's prom rules with your teen and the consequences for violating them.
- Do not rent hotel rooms for prom-goers.
- Let your teen know that they can call you if they need a ride home.
- Communicate with other parents and school administration about planned events for the evening.
- Make sure snacks and alcohol-free beverages are served.
- Try to stay up for your teen's return home.

SOURCE: https://www.sentinelsource.com/parent_express/big_kids_teens/a-night-to-remember-not-to-regret-keep-prom-night-alcohol-free/article_fc3cd87e-7ca7-11e0-8df3-001cc4c03286.html