

# TIPS FOR PARENTS OF PROM-GOERS



Prom should be one of the best nights of your child's high school career. Help ensure that they make healthy decisions by doing a little work on the front end. Use these tips and help your handsome son and beautiful daughter have a safe, fun and regret-free night!

- Ask your teen for a detailed itinerary for prom night including venues, times and contact numbers. Establish an agreed-upon curfew and stay up until your teen returns home
- Know exactly what after-prom activities are taking place and where—if at a friend's house, call the parents to confirm and make sure that alcohol will not be present or consider hosting an after party in your home



- Remind your teen not to use alcohol or drugs or ride in a vehicle with anyone under the influence. Make sure to tell your child that you expect them to stay alcohol free, even if everyone else is drinking
- Know who is driving or ask the appropriate questions of limo or party bus services (Check out our transportation tip sheet at [northlandcoalition.com](http://northlandcoalition.com))
- Meet your teen's prom date prior to the big night and know the names of each individual in your teen's prom group
- Provide an 'out' for your teen, a contact number of someone they can call at any time to get home or get help, to have on hand before prom
- Discuss the pressures to have sex with your teen beforehand. Make sure your teen knows your family values
- Never allow underage drinking! Even if you "take the keys," allowing youth to drink threatens their physical safety and mental development. Skip the booze and protect yourself and the youth from the risk of serious health, personal, and legal ramifications

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**Northland  
Coalition**  
Working to create safe, healthy and drug-free communities  
in Clay, Platte and Ray counties

Letting your teen drink is a  
**NO-BRAINER.**

Alcohol damages teens' brains.  
Let's prevent teen drinking so they  
reach their full potential.