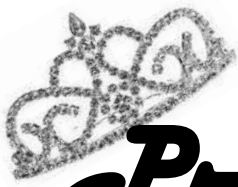


May 2013



Prom Safety



Did You Know? In Laytonville...

- According to the 2011-2012 California Healthy Kids Survey, 33% of high school students have either driven after drinking or been a passenger in a car driven by a friend who had been drinking.
- 14% of high school students reported that their desired level of alcohol consumption is to drink until "really drunk"
- 5% of Laytonville high school students reported that they have been forced to have sexual intercourse.

Things to Keep in Mind for a Good Time!

- Don't feel pressured to do anything you don't want to do.
- Mingle with friends who make you feel comfortable and enjoy the night.
- Set rules for yourself that include not getting into a car driven by someone who's been drinking.
- Team up with a friend so that you can help him or her should you get into trouble.
- Enjoy the night and create lasting positive memories!



Parents Can Prepare Too!

- Who will be doing the driving? Will they drive themselves or rent a limo? Is the person driving them responsible?
- Get a complete itinerary, including who your teen will be with, addresses and phone number for the prom location as well as any after-prom activities your teen plans to attend.
- Be realistic about the activities your teen may engage in. Communicate with your teen specifically about how he/ she would handle difficult situations such as being offered a ride by an intoxicated driver, being offered alcohol or drugs, or pressured to have sex. Be sure to provide parental instruction on how best to deal with problems that may arise.
- Be sure to speak directly with any parents supervising teens after prom.
- Consider volunteering to assist in supervising the prom, which will help ensure there are enough responsible adults.
- Will someone in the home wait up until the teen arrives back home safely? If so, who?
- Can your teen call you no matter what? Make sure they know you are there, no matter how late.

Resources

Web Guides

- More tips for parents and teens: <http://partnership-resource.org/wp-content/uploads/2012/04/Prom-Safety-Tips-for-Parents-and-Teens-with-Whittell.pdf>
- Facts about alcohol for girls: <http://www.parentactionondrugs.org/pdf/If%20You%20Are%20A%20Girl.pdf>
- Center for Disease Control: <http://www.cdc.gov/features/prom/>

Local Resources:

- Laytonville Healthy Start: 984-8089
- Long Valley Health Center: 984-6131

