

TRUTH SPOTLIGHT

on safe celebrations

TIPS TO SAFELY CELEBRATE PROM

BEFORE THE DAY OF PROM...

- **Share** your expectations for your teen
- **Connect** with the parents of your teen's friends
- **Remind** your teen not to drive with anyone impaired by substances
- **Inform** your teen about sharing inappropriate pictures (illegal behavior can affect college)
- **Check** with your teen when they arrive home

IF YOUR TEEN CELEBRATES WITH A LIMO...

- **Talk** with the driver and ask them to refrain from stops
- **Inspect** the limo or car before they leave
- **Offer** your cell phone number to the driver
- **Ask** the driver for their contact information

TIPS TO SAFELY CELEBRATE YOUR HIGH SCHOOL GRAD

BEFORE THE GRAD PARTIES BEGIN...

- **Talk** with your grad about keeping events substance-free
- **Share** that underage substance use can result in poor decisions, injuries, overdoses, and possibly death

EXPLAIN THAT SUBSTANCE USE CAN...

- **Decrease** inhibitions and memory
- **Affect** decision-making skills, increasing the risk for driving or riding with someone under the influence of substances, or make unwise decisions
- **Increase** aggression in some people, and may lead to verbal abuse or physical fights

Source information: nih.gov