



AN UNFORGETTABLE NIGHT

You've been looking forward to this for a long time. You've found the perfect dress or tux, planned the perfect evening with your friends, and you can't wait for the fun to start. This is going to be a night to remember.

Now it's up to you to make your memories of prom and graduation everything you want them to be. When you look back years from now, will you remember a fantastic time with your date, dancing with your best friends, one of the happiest, most carefree nights of your life?

Or will you remember puking your guts out? Making an idiot of yourself? Saying things you didn't mean and doing things you regret the next day when you're hungover and wishing the night hadn't gone by so fast? Wishing that you could have it back. That it wasn't a drunken or drugged-out blur. Wishing that you remembered it at all.

And if you decide to drink or use drugs at prom or graduation parties, that's about the best-case scenario. Imagine the night you'll remember for the rest

of your life as the night your best friend was rushed to the hospital in a coma from taking illegal drugs. Or the night your girlfriend or boyfriend went through the window of your car.

It could happen to you. But it doesn't have to.

Great friends, great music, cool decorations, dancing. The question is, why would anyone need to drink or use drugs to have an amazing time at prom or graduation night? If you can't have fun without being drunk or high, it's time to check your social life. Are things really that boring?

It's your night. Make the most of it. Choose to enjoy it alcohol and drug-free.



IT'S IMPORTANT TO UNDERSTAND THAT YOU DON'T HAVE TO USE DRUGS AND ALCOHOL IN ORDER TO HAVE A GOOD TIME. USING DRUGS AND ALCOHOL PUTS YOU IN DIRECT DANGER.

ADDITIONAL RESOURCES

Centers for Disease Control

www.cdc.gov/vitalsigns/teendrinkinganddriving/index.html

Youth First Incorporated

www.youthfirstinc.org/discuss-the-dangers-of-underage-drinking-at-prom-and-graduation/

PROM AND GRADUATION

MAKE MEMORIES NOT TRAGEDIES



in the know

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GETTING THERE—AND HOME—IS HALF THE BATTLE

54% of the deaths of teenage passengers occurred in vehicles driven by another teenager. Here are some tips to help you avoid becoming a statistic, as well as general advice to help you arrive safely.

PLAN SAFE TRANSPORTATION WELL IN ADVANCE.

Leave the driving to someone else. Whether you choose to add some style to the city bus or go all-out with a limo, make sure you know how you're getting from point A to point B. Have your phone fully charged, cash and ridesharing apps in case of emergency. Consider asking an adult or older sibling to be available in case you need to call.

Never get into a car with someone who's been drinking, taking drugs, or someone who is exhausted—even if it's your date. If you suspect your escort is not 100 percent clean, sober, and awake, ask if you can do the driving. If he or she refuses, inform them you'll make other arrangements. Offer to call a ridesharing service, parent, sibling, or friend. But whatever you do, don't get in the car with a driver who's not at their best. Your life depends on it.



Even if the person behind your wheel is in top driving shape, what about those other drivers? Be aware of others on the road—that defensive driving stuff actually works, and there are more impaired motorists out during the weekend. Know where you're going before, during, and after the main event, and make sure you have good directions to all your destinations. Allow extra time so you won't have to rush, especially if parking will be an issue. Stay on well-lit, well-traveled roads. Make sure your parents or guardians know where you'll be. And don't forget to have a full tank before you head out.

Last but not least, don't forget those seatbelts. They really save lives. There are extra police patrols out for prom and graduation. You don't want a big fat ticket for not buckling up.

SAY "NO" GRACEFULLY

If someone offers you drugs or alcohol, it's easy to say "no" without ruffling anyone's feathers.

- Make a joke out of it. Try something like, "I actually want to remember this night," "I don't want bloodshot eyes in my prom photos," or "No thanks, I actually learned something during high school."
- Pretend you didn't hear or just change the subject. Most people won't insist.

- Point to a friend across the room and say, "oh, there's so-and-so, I haven't seen her all night." it's the perfect excuse to take off.

STILL THINK YOU NEED DRUGS OR ALCOHOL TO HAVE FUN?

You're not being creative. These after-party ideas will make your big night extra memorable.

1. Go to a 24-hour diner, coffeehouse, or a fast-food joint decked out in your formal wear. Watch those heads turn.
2. Rent a karaoke machine and start belting out your own greatest hits. Billboard top-10, watch out!



3. Have some fun making the memories last by taking plenty of videos and pictures with your phone.
4. Move the furniture or set up speakers in the backyard. Kick off those shoes and do some dancing where you can really let your hair down. Have all the music queued up in advance to keep the momentum going. Keep an eye on party guests and don't let people come and go. You want everyone to get home in one piece.
5. Break out the silly games and group activities. Cranium, Pictionary, Monopoly, or even twister, or a giant poker match using candy instead of cash are great ways to get everyone involved and having fun.

6. Have a pick-up co-ed football, basketball, soccer, volleyball, or even croquet game. Check out an arcade or late-night miniature golf range. You could arrange a pool party at someone's house, a health club, YMCA, or even at school, with lifeguard supervision of course.



A NIGHT TO REMEMBER

Prom and graduation are events that you'll remember for the rest of your life. It's important that they are remembered for good reasons. Don't ruin the good memories by abusing drugs and alcohol; abuse only ends in harm. So, have fun, but above all, make smart choices and be safe.

