

PROM & GRADUATION

MAKE MEMORIES NOT TRAGEDIES

Prom and graduation can be some of the most fun times of your high school life, but are you going to look back and remember having a great time with your date and your friends? Are you going to remember getting very drunk? Making an idiot of yourself? Putting yourself in dangerous situations?

BIG NIGHT, BIG FUN, BE SMART BEHIND THE WHEEL



Most teens who go to prom and graduates have their driver's license. Make smart choices before getting on the road:

DRIVE SOBER:

Drinking is illegal for anyone under 21. If you have consumed alcohol, hand your keys to a sober driver.

PAY ATTENTION:

Distracted driving is common among younger drivers. Save the selfies and texting for later.

SLOW DOWN:

Speeding was a factor in about 1/3 of all fatal crashes involving a teen driver.

STAY ALERT:

Prom and graduation parties can end late. Make a plan so you won't be driving drowsy.

BY THE NUMBERS

- Car crashes are the leading cause of death among young people aged 16 to 19.
- About 1,000 people under 21 die each year while celebrating prom and graduation.

REFUSE TO LOSE CONTROL

Prom and graduation can be a great time, but you might feel pressured to do things that you don't want to do. Choosing not to do something might be the best choice you make all night.



- Give a reason for saying "No." Be honest.
- Use the right body language. Make eye contact, stand up tall, and use a firm voice.
- Express your concern for those trying to persuade you.
- Try to persuade your friends or date to do something fun that's safer or healthier.
- If your friends or date still try to talk you into doing something you don't want to do, leave.

STICK TOGETHER AND STAY SAFE ALL NIGHT

Going to a party after prom or graduation is part of the experience. Be sure you and your friends look out for each other.

- Look out for each other's drinks so no one can slip drugs into them.
- Help each other stick to the plan to stay safe and sober.
- If you or a friend are feeling pressured, supporting each other makes it easier to say "No."



DON'T LET ONE MISTAKE RUIN YOUR LIFE