



- Give a reason for saying "No."
- Use the right body language. Make
 eye contact, stand up tall, and use
- Express your concern for those
- Encourage your friends or date to do something f that's safer or healthier.
- If your friends still try to talk y into doing something you do want to leave

GOOD TIMES WITHOU

un after-party ideas can include

Going to a 24-hour diner i your formal wear.

Doing karaoke.

Dody Taking lots of pictures or making short-form videos

Creating a dancefloor inside c in the backyard and keeping the dancing going.

ing creative can help the good times roll without the risk.



aving good communication with your arents in advance can help you stay ife. Beyond letting them know where bu will be:

Talk to them about how to handle yourself in difficult situations, especially when you might feel pressured.

Role-play so that you know what to say in certain scenarios.

Make sure that you and your parents agree that you can call them to come and get you regardless of the time,

If you or friend is realing pressured, support them and make it is easier to say "No."

If you or friend is feeling

Don't let unplanned developments ruin the night of your life

P Z B Prepare an alternate plan for when things do how you pictured them.

t could be something as small as getting a stain on your drear or tux during dinner, or something more serious like getting ick. feeling pressured, or getting stranded!

You may find yourself feeling

You may find yourself feeling pressured on prom night, so it is mportant to talk to your parents so that you can be prepared for what may happen. It might be awkward to have this conversation but it is crucial for your safety and well-being.

Beyond talking about how to say No" to things you do not want to lo, you can develop a secret cod or phrase that you can text your parents if you want to be picked ip but don't want others arounc ou to know.