



## Prom & Graduation Safety

### Tips for Students:

Prom and Graduation are highlights of the high school experience. While you celebrate these milestones, remember to make healthy, safe choices for yourself. Consider these decisions:

### Just say no

Some people feel pressured to drink, smoke, use drugs, or have sex on prom night. However, drinking is responsible for more than 4,500 deaths among young people each year and is associated with other problems such as sexually transmitted diseases and unintended pregnancy. Alcohol and drugs impair your judgment and may result in you being harmed or harming others. Just because others do something doesn't make it a good idea or right for you. It's okay to say no.

### Travel safely

Teen drivers are four times more likely than older drivers to be in an accident. Always wear a safety belt, no matter how short the trip. Do not drink and drive, and do not get in a car with a driver who has been drinking. Be sure the others in your car agree to not drink.

### Watch out for dating violence

Dating violence is a very real issue for many people. Many teens do not report it because they are afraid to tell friends and family. The abuse can be verbal, emotional, physical, or sexual. Respect yourself and others, avoid alcohol and drugs, and tell family or call 911 if you or someone you know is being abused or is in danger.

### Plan for after-prom parties

If you plan to go to an after-prom party, be sure it is adult-supervised and be aware of your surroundings. It is always a good idea to go with a "buddy" and don't leave without him/her. Say no to alcohol and drugs; don't give in to peer pressure. Make sure parents know where you are at all times in case of emergency. Call a parent, guardian or someone you trust in case plans change or you need help.

### Plan ahead for safety

Tell your plans to family members or a trusted adult ahead of time. Make an agreement with friends to check on one another during the evening. Be sure someone you trust is available for you to call if your plans change or you need help.

### Pledge to be alcohol-free and drug-free

Use the *Safe Sober Prom Night Pledge* available on **The Risk is Real website**.