

# TIPS FOR KEEPING PROM NIGHT SAFE



With prom season being one of the most dangerous times of year for teens, take an active role in ensuring your child arrives home safely from this memorable event.

SADD/Liberty Mutual research shows that good communication between parents and teenagers often has a positive influence on risk-taking behavior by teens.

Teens who report regular, open communication with their parents about important issues say they are more likely to try to live up to their parents' expectations and less likely to drink, use drugs or engage in early sexual behavior.

Teens are also taking their cues from parents when it comes to driving behaviors, so it is critical that parents are modeling responsible driving.

## 90%

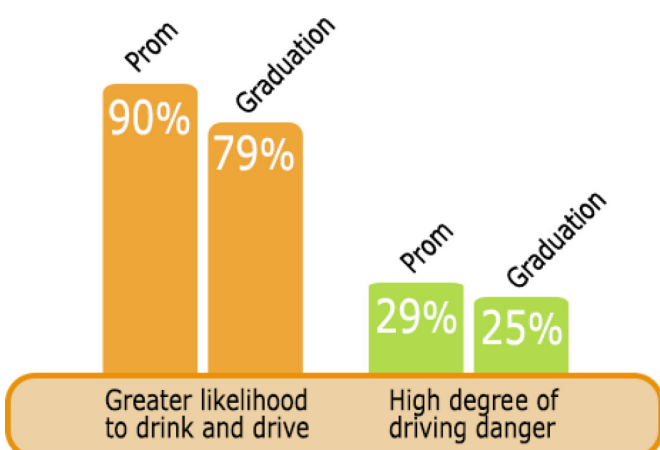
of teens believe their peers are more likely to drink and drive on prom night...

## HOWEVER

...only 29% believe driving on prom night comes with a high degree of danger.

## REMEMBER

Driving while texting and driving while drowsy is as dangerous as driving while under the influence of alcohol and other drugs.



**Discuss rules for the prom:** household rules, school rules and the law. Remind your child of the consequences for violating the rules.

**Talk with your child ahead of time** about the plan for the evening, including curfew and acceptable after-prom options.

**Know who is driving.** If your teen is riding in a limo, check the company's policy on allowing alcohol in the vehicle.

**Encourage seat belt use.**

**Do not rent hotel rooms** for prom-goers.

**Communicate with other parents about prom and post-prom plans.** Some parents feel that hosting a house party where alcohol is served to minors is safer. These parties are illegal. Remember, excessive alcohol consumption brings more dangers than just impaired driving.

Consider joining with other parents to **organize a safe, substance-free, after-prom** option for your child and friends.

**Stay up until your prom-goer returns home.** It's once a year; you can do it! And it's important that your child knows you will be waiting for their safe arrival home.

**Make sure your child's cell phone is fully charged prior to leaving for prom.** Consider arranging specific check-in times and keep your phone nearby in case your child gets in a situation and needs to call you. Be sure they **know** they **can** call you.

The **biggest danger** teens face on **prom or graduation night** are **auto crashes**, either because the driver has been **drinking**, is **tired**, or is simply **distracted** by a carload of friends.