



Prom Night - 5 Tips to Keep Your Kids Sober



Created in Partnership With [The National Center on Addiction and Substance Abuse](#)

Our partners at [CASA Family Day](#) have helped parents across the nation recognize that simple acts of parental engagement can help prevent substance use in children and teens. The program, which started as a grassroots initiative to inform parents about the benefits of frequent family dinners, has grown into a national movement that teaches parents about the importance of connecting with their kids throughout the day. The following article is from their [BLOG](#) which is a great resource for parents leading up to [Family Day on September 26, 2016](#). You can download the [Family Day Parent Toolkit: Teen Edition](#) which provides conversation starters, facts, family fun Ideas and more.



PROM NIGHT

Prom night is a rite of passage for many teens. In May and June, high school students across the country prepare for what can feel like the biggest night of their lives. Finding the perfect dress, the right date, and the best after party is all a part of their planning process. Students may have the best intentions for a memorable evening, but prom night can sometimes lead to drinking, smoking, or using other drugs. Ensuring your child's safety on prom night starts at home with open and honest conversations between parents and teens.

Here are 5 tips to make sure your teen's prom is memorable for all the right reasons:

1. Have Contact Numbers Handy

Put together a list of all of the necessary contact numbers. This includes the number of a friend's house or the number of the local venue where the after party is taking place. You'll want to know who your kids will be travelling with, and more importantly, you'll want to know the phone numbers of each of those children and their parents so you can quickly get in touch with them if there's an emergency. Make sure your cell phone is fully charged for the night.

2. Communicate

Talk to your children about what to expect at their prom. Discuss things that can happen – from getting a wallet or cell phone stolen to being pressured to smoke, drink, or use other drugs – and discuss what to do if your teen experiences a problem. Talk openly and honestly and let them know that they do not have to give in to peer

pressure.

3. Work with Other Parents

Call the parents of any friends attending prom with your child beforehand. This includes parents of dates as well as parents of everyone in the group of teens your child is planning on spending the night with. Talk about your children's plans and make sure you both have similar rules and expectations. You could also consider hosting an after party with some of the parents or finding an event for your kids to attend that is supervised by adults you know and trust.

4. Have a Transportation Plan

Take driving out of the equation. Many teens may want to drive themselves to the prom, but hiring a limo can be a great way to keep your teen from getting in a car with a drunken friend or classmate. Other options include using a car service or a cab, or making plans with other parents to drop teens off and pick them up at the end of the night.

5. Stay Connected

Make sure your teen texts or calls you throughout the night to check in. Ask them to text/call when they arrive, when they are going to another location such as an after party, and when they are coming home.

Is your teen attending a prom this month? If yes, try some of our tips and let us know which ones were most helpful in the comments below.

Adapted from the following:

ProjectKnow.com – [“5 Tips for Making Your Teen’s Prom Safe and Sober”](#)

Empowering Parents - [“8 Parental Rules for Prom Night: Should You Ever Take Away Prom?”](#)

Cook Children’s Health Care System – [“Prom night: 5 tips to keep your teen safe”](#)

San Diego Family Magazine - [“Prom Night Safety Tips for Parents”](#)

Eluna is proud to partner with The National Center on Addiction and Substance Abuse and their initiative to remind parents that YOU have the power to help keep your kids substance free.

[Visit CASA Family Day's Website for More Tips](#)