

Help your teen have a safe and memorable prom night

Brought to you by Seattle Public School's Health Education Office.

Proms and other spring dances are a big night out for our students. Most teens have a safe, fun evening. However, some students feel pressure to engage in risky behavior as a part of their celebration.

Here are some tips for parents/guardians:

- Have ongoing discussions about your family values and beliefs
- Show respect and listen to your student's views
- Ask your student to think about consequences of their actions
- Become acquainted with your student's friends
- Discuss questions about their feelings/fears of the event
- Inquire about their pre and post prom plans
- Make sure your teen has a safe way to get to/from all activities
- Set rules and expectations for the evening together
- Practice safe ways to get out of unsafe situations
- Contact other parents/guardians to get aligned on plans
- Encourage the 'buddy system' to support accountability for a healthy celebration
- Talk about drinking, driving, curfews, sex and drugs.
- Make sure that your teen trusts you enough to feel comfortable calling you in case of an emergency



The allure of prom has tempted teens to step into risky behavior. However, most students make healthy lifestyle choices throughout their school experience. Many kids choose to attend prom in groups, which may lead to less one-on-one time and the pressures that goes with prom night. Still, there is a chance that your teen may participate in risky behavior on prom night. Here are some suggestions to help engage in conversations with your teen. These open-ended questions can help you and your teen think ahead, plan for potentially difficult situations, and determine plans that can keep kids safe. Safety is the most important thing. You can deal with the consequences of their behavior in the morning.

What pressure are you feeling about prom?

What are you excited about and what is causing you stress?

What myths have you heard about the prom?

When you think of prom, what expectations come to mind?

Who will be joining you in your group?

What memories do you want to take away from the evening, what would cause embarrassment?

Social media will play a big role tonight, how do you want to be represented throughout the night?

Who will be driving you to/from each of the events?

Are you feeling pressured to engage in activities outside of your comfort zone?

What will you do if someone offers you alcohol, marijuana, or other drugs?

How would you get out of a situation that would make you uncomfortable? Let's practice

Which good friend could you turn to if you felt pressure to do something you don't want to do?