



Tips for Parents of Prom-Goers



Prom should be one of the best nights of your child's high school career. Help ensure that they make healthy decisions by doing a little work on the front end. Use these tips and help your child have a safe, fun, and regret-free prom night!

- Ask your teen for a detailed itinerary for prom night** including venues, times, and contact numbers. Establish an agreed-upon curfew and check in with your teen when they return home.
- Know exactly what after-prom activities are taking place and where**—if at a friend's house, call the parents to confirm and make sure that alcohol will not be present or consider hosting a safe after party at your home.
- Remind your teen not to use alcohol or other drugs or ride in a vehicle with anyone under the influence.** Make sure to tell your child that you expect them to stay alcohol and drug free, even if others are using. Having a strong stance is the best protection.
- Know who is driving or ask the appropriate questions of limo or party bus services.** Check out our transportation tip sheet on ParentUpKC.com/Prom!
- Meet your teen's prom date prior to the big night** and get to know the names of other students that will be with your child on the evening of prom.
- Provide an "out" for your teen**—a contact number of someone they can call at any time to get a ride home or a code word they can use to get help.
- Discuss peer pressure before the big night.** Make sure your teen knows your values and expectations.
- Never allow underage drinking!** Even if you "take the keys," allowing youth to drink threatens their physical safety and brain development. Protect yourself and youth from the risk of serious health, personal, and legal consequences.

(If you learn of information about an adult providing alcohol to teens, please take action! Contact the adults involved directly, notify your school or other parents, or call local law enforcement. If these are not the best options for you, use the anonymous Parent Warning Letter at ParentUpKC.com.)



It's time to celebrate! Help teens celebrate sober.
Find more Prom tips and tools at ParentUpKC.com/Prom.