

# PROM SAFETY

## SAFETY AWARENESS TIPS



Prom is short for promenade. It began in the 1900's and was linked to Ivy League traditions as a "presentation week", which then become a celebration for university graduations. It has since been adopted by high schools as a formal dance held for juniors and seniors held at the end of the academic year.

### DID YOU KNOW?

- High school students who drink are **7X** more likely to engage in high-risk behavior. (AAA PROMise)
- Car accidents are the leading cause of death in teenagers with **April, May & June** being most dangerous months. (CDC High School Youth Risk Behavior Surveillance System (YRBSS))
- **70%** of teens killed on prom weekend were not wearing seatbelts. (CDC High School YRBSS)
- **39%** of 16 -19 year-olds stated that they or their friends would use drugs or alcohol on prom night. (AAA PROMise)
- **87%** of teens believe their peers are likely to drive impaired instead of calling their parent or guardian for help because they are afraid of getting in trouble. (AAA PROMise)

### PREVENTION



Have a game plan →

Communicate your boundaries with your date and friends

Have a trusted adult be on standby

Do not post any pictures or videos impulsively – wait till the next day when you can think clearly about what you want out on social media.

Trust your gut:

- Never leave your drink unattended
- If you come with 2 friends, you leave with the same 2 friends
- Keep your phone charged

### CONVERSATION STARTERS



- Start the conversation with asking your teen their expectations of prom, and their anticipations.
- Be careful not to tell your teen what to do, instead, encourage them to problem solve and talk through back-up plans. This can help your teen feel empowered when faced with peer pressure situations and allow him or her to maintain a thoughtful reaction to a variety of situations:
  - ***“What happens if the person who is driving drinks?”***
  - ***“What if your date pressures you to drink/have sex/try drugs?”***
  - ***“What do you do if someone in the group changes plans and you’re not comfortable with the suggestions?”***
- Come up with a plan with the parents in the group – having all the parents on the same page could lower the chances of risky behavior.
- Talk about consent, healthy boundaries and respect for their body and others. The legal age of consent in Texas is **17 years old**.
- Discuss the risks associated with social media and incriminating photos having lasting (and potentially legal) repercussions: the Texas **law of parties** states that if you are in a picture – or at a party – you are guilty by association.
- Make sure they know; under any circumstance they can call you.

### WHERE TO REPORT

Prom Anxiety Hotline  
text "PROM" to 38383  
Crime Stoppers Tip Line  
713-222-TIPS  
Mobile app