

# HELPING KIDS AND PARENTS NAVIGATE PROM SEASON

As prom season approaches, it's important to talk about substance use and making healthy choices during the celebrations.

41%

of teens age 16 to 19 said they'd most likely drink or use drugs on prom night.

29%

of high school seniors reported having conversations with their parents about the dangers of drinking.

Source: AAA, CDC

## CONVERSATION STARTERS & TIPS

**Open the Conversation:** “So, prom is coming up—exciting, right? I know it’s a huge deal, and I just want to make sure you feel equipped to stay safe during all the celebrating.”

**Discuss the Risks:** “Prom is all about celebrating, but it’s easy to get carried away. I want to make sure you know the risks of drinking or using substances, especially with all the pressure to fit in.”

**Relate to Them:** “I know at prom people feel pressured to do things they might not feel comfortable with. If you ever need help navigating a situation, don’t hesitate to call or text me.”

**Empower Your Teen:** “You are in control of your own choices. I believe in your ability to handle this, and I want to be here to support you.”

**Help Prepare Them for Peer Pressure:** “What would you do if a friend asked you to drink or try something you’re not comfortable with? It can be tough to say no, but you could try saying something like, ‘I’m not into that’ or ‘No thanks, I’m good.’”



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