

★ CAPCO Parent-Teen Prom Night Guide

Statistically prom night and graduation time rank high for increased instances of underage drinking and along with underage drinking can come risky behavior of teen sex. Our prom tips will provide you with information to talk to your teen about an alcohol free prom night and making good decisions to ensure a fun and safe night.

★ Alcohol Free Prom Night Tips

Statistics indicate that alcohol related peer pressure is strongest during prom time. (National Highway Traffic Safety)

In 2005, drunk driving caused one of every four fatal teen crashes. (Allstate Ins.)

1. Discuss with your junior how they plan to deal with situations that could arise on prom night dealing with alcohol and drugs.
2. Keep an eye on your beverage as someone may think it is funny to spike a drink of someone who does not use alcohol.
3. Prom night will not only be safer without alcohol but more memorable.

★ Avoiding At Risk Sexual Behaviors on Prom Night

Alcohol alters the ability to think clearly and can speed up a teen's decision to have sex. (Stearns County MN Dept of Human Services Public Health Division)

The chance of sexual assault increase when alcohol is involved.(Stearns County MN)

Each year 3 million teens get a sexual transmitted disease. (Stearns County MN)

1. Stick up for your friends if they are being pressured to have sex.
2. Think of what you would say in advance, in case someone tries to pressure you.
3. Never feel obligated to pay someone back with sex in return for an expensive date or gift.
4. No one ever "asks" or "deserves" to be sexually assaulted.

★ Prom Night Driving Tips

Half the teens that died in car crashes in 2005 were killed between 3pm and midnight. (Allstate Ins.)

Using a lap/shoulder belt can reduce the risk of dying in a car crash by 45%. (Allstate Ins.)

Talking on a cell phone while driving gives you the reaction time of a 70 year old. (Allstate Ins.)

1. Drive on well-lit roads and carry your cell phone.
2. Know where you are going for the prom and post prom and have directions to those places.
3. Keep an eye on your date/driver to make sure they don't drink alcohol.
4. There are more drunk drivers on the roads during the weekend. Keep a close eye on oncoming traffic as impaired drivers tend to drive toward lights.
5. Being with a date dressed to the max is distracting enough- keep the radio volume turned low enough so your driver can concentrate.
6. Number passengers must not exceed number of seat belts.
7. Do not drive when you are tired or when your junior license is expired (11:00 pm until 5:00 am)


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