



## Prom Tips for Parents

**1** **Actions speak louder than words.** You can talk all you want, but your behaviour sends a stronger message. The best way to teach kids about responsible drinking is to set a good example. Think about the role drinking plays in your life, and ask yourself what message you're sending to your kids.

**2** **Talk it up.** Talk with other parents and school officials about how to ensure prom activities are safe. If you're hosting a party, consult other parents about their teens' parties. Their experiences may be invaluable. Work with other parents, the school or community members to discourage or prevent bush parties, which can easily get out of hand and often result in impaired driving.

**3** **What's the plan?** Know your kids' plans in advance – where they'll be and with whom. Discuss with them how they would deal with difficult situations, what kind of security or supervision there will be at parties and events and how they will get home. Take every opportunity to reinforce the message that it's never okay to get a ride from someone who's impaired.

**4** **Host with the most.** If you're hosting the party, you're responsible for your guests' behaviour if they're impaired, even after they leave your party. If

they are involved in a crash or hurt someone, you could be held liable. Set a limit on the number of guests, and don't hesitate to call the police if things get out of hand. Make sure there are enough adults around for the number of teens present. Remember, it's illegal to serve alcohol to those under 19 and to allow minors to drink.

**5** **Dry roads.** If your kid plans to hire a limo with friends, make sure the company doesn't tolerate drinking in the car. It's important to have a back-up plan, so make sure your kids carry a cell phone and/or cab money in case of emergency. From a cell phone, they can access a taxi by calling #TAXI.

**6** **Emergency measures.** Be sure to keep emergency numbers on hand, just in case. If, despite your precautions, someone passes out, never leave them alone. They could be suffering from alcohol poisoning. Call 911 immediately and turn them onto their side, with their head on its side as well, to prevent choking if they vomit.

For more information on safe proms, check out the LCBO's website at [www.lcbo.com/prom](http://www.lcbo.com/prom). To learn more about alcohol and its effects, call the Centre for Addiction and Mental Health's Drug, Alcohol and Mental Health Information Line at 1-800-463-6273. In Toronto, call 416 595-6111. Or visit their website at [www.camh.net](http://www.camh.net).