

4 “P”s to discuss before PROM night:

1. Plan

- Celebration plans—before, during, and after prom
 - Where? When? With Whom? Phone numbers?
 - Contact you if plans change
- Safety plan
 - Arrange specific check in times
 - Transportation
 - Who is driving? Do they authorize to transport passengers? Do they met the requirements of the GDL Law? What is an alternative if this person is unable to drive?
 - No parties with alcohol/drugs
 - Curfew and consequences of violating
 - Call you at any time/anywhere to come pick up
 - Wait up until your teen arrives safely home

2. Prom-Pressure

Just because others do something doesn't mean it's a good idea or right for you! It's OK to say NO! Discuss dangers & consequences of the following:

- Driving—Seatbelt, DUI, GDL Law, Distracted Driving (texting)
- Drinking/Drugs
- Sex

3. Practice

- Talking about uncomfortable situations that may arise and how to handle (offered alcohol/drugs, getting a ride from an intoxicated driver, unwanted sexual advances, etc)
- Stoplight Decision Making—Red-STOP, Yellow-Think (Choices, Consequences, Counsel), Green-Go (with what is BEST for YOU!)
- NICE—practical refusal skills (N—say NO, I—use I message (example, “I don't feel comfortable...”, C—Change something about the situation, E—Exit)

4. Pledge

- Share your expectations, values, rules, etc.
- Consider signing a pledge or contract
 - See samples and alter to fit your needs, with your consequences