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# Teen Checklist for Planning a Safe Prom Night

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The biggest concerns many parents have about their teenager going to prom is being safe and making good choices. If you sit down with your parents ahead of time and set expectations and agree on a plan, there is a much higher chance of you having a safe, fun prom night while saving your parents a lot of stress.



**1. Share the party plan.** Share the details of your prom night plans with your parents — who you are going with, where you are planning to go after prom, and when you will be home.



**2. Discuss driving.** Agree with your parent(s) on the driving arrangements, whether it will be a parent or teen driving, or if you will be riding with a friend or in a limo. Whatever the agreement is, make sure you and your parent(s) are on the same page about the importance of riding with a sober driver.



**3. Transportation back-up plans.** If something doesn't work out as expected with driving arrangements, make sure you have a back-up plan. No matter what, do not ride with anyone that has been drinking alcohol. Make sure your parent(s) know that you will never get into a vehicle with a driver who has been drinking.



**4. Set check-in times.** Decide in advance with your parent(s) on mandatory times for you to be at agreed upon locations throughout your prom night. Check in with them when you get to each place.



**5. Nix any boozy parties.** If you are planning to attend another party before or after prom, and you find out there is alcohol there, have a plan in place so that you can count on your parent(s) to come and get you with no questions asked. Set up a code word with your parent(s) that you can use to get out of an uncomfortable situation or to avoid riding with a drunk driver. The goal is to get home safe and sound.



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