Having Fun Without

- Go to a late-night diner all dressed up and order fries and a milkshake; it'll hit the spot and you'll get tons of attention!
- Buy a bunch of one-use cameras, pass them around to your friends, and set a goal to use every last picture before the night is through!
- Host a karaoke party at your house, in a friend's barn, or at a local Elks or Rotary lodge.
- Visit an arcade with your date or with a group, and challenge each other to a game or two.
- Go to a late night coffee house and relive the evening for hours!
- After prom, gather in a friend's house or backyard, take your shoes off, turn up the music, and really dance! Don't forget to notify neighbors and police of your special event, and don't let guests come and go.

Checklist

- Cell phone (fully charged)
- Cash (taxi or bus)
- Agenda
- Back-up plan
- Prom Buddy
- Designated check-in times
  ______________
  ______________
  ______________
  ______________
- House keys
- Emergency phone numbers

BE ALERT, BE AWARE, BE SAFE AND HAVE FUN!

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## Prom Safety

### Tips

1. Keep your cell phone on you at all times. Have it fully charged.
2. Check in with your parents periodically so that they know you are safe.
3. Have a “prom buddy” a close friend that you plan on being with the entire night.
4. Have a plan for the night so that someone besides your “prom buddy” knows where you are.
5. Just say “NO” to both alcohol and drugs.
6. Have a “back-up plan” in case the prom or after prom activities contain alcohol or drugs.
7. Do not let friends drink and drive. Underage drinking is illegal and can result in arrest, injury or worse.
8. Do not accept drinks from someone you don’t know. If you leave your drink, discard it and get a new one. Alcohol or drug intoxication can lead to dangerous situations and poor judgment.
9. Do not allow anyone into your car or limo that has alcohol, drugs or weapons. Everyone in the car is at risk of being arrested.
10. Trust your instincts! If, for any reason, you feel endangered or uncomfortable, leave!

### Statistics

- According to the Center for Disease Control, motor vehicle crashes are the leading cause of death or injury in teenagers nationwide.
- According to the National Highway Traffic Safety Administration in 2009,
  - 33 percent of the young drivers (15 to 20 years old) who were killed in crashes had a blood alcohol concentration of .01 g/dL or higher.
  - 24 percent of the 15 to 20 year old drivers involved in fatal crashes were drinking.
  - Drivers are less likely to use restraints when they have been drinking.
  - 70 percent of the young drivers who had been drinking and were killed in crashes, were unrestrained.
  - 27 percent of the young male drivers involved in fatal crashes had been drinking at the time of the crash.
  - 15 percent of the young female drivers involved in fatal crashes had been drinking at the time of the crash.