



# Halton Regional Police Service Prom Tips For Parents



## 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 positive, responsible example.
- Think about the role drinking plays in your life, and ask yourself what message you're sending to your kids.

## Talk it up.

- Talk to your kids.
- 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.

## 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.
- Create a 'No Questions Asked' contract with your kids enabling them to call home anytime for a ride.

## 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 is illegal to serve to those under 19 and to allow minors to drink.

### Dry roads.

- If your teenager 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.

### 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 9-1-1 immediately and turn them onto their side, with their head on their side as well, to prevent choking if they vomit.

For more information on safe proms, visit [www.haltonpolice.ca](http://www.haltonpolice.ca) or the LCBO website at [www.lcbo.com/prom](http://www.lcbo.com/prom).

To learn more about alcohol and drugs, and their effects, call the Centre for Addiction and Mental Health's *Drug, Alcohol and Mental Health Information Line* at 1-800-463-6273, or visit their website at [www.camh.net](http://www.camh.net).

*The Halton Regional Police Service thanks the LCBO for permission to adopt its prom tips.*

For more information, contact:  
**Halton Regional Police Service**  
905-825-4777 or 905-878-5511  
[www.haltonpolice.ca](http://www.haltonpolice.ca)