



Halton Regional Police Service Prom Tips For Students



Who needs it?

- You don't need alcohol or drugs to have fun.
- And just think: no regrets, humiliation, hangover or loss of self-respect to deal with the next day.

Safety in numbers.

- Travel in groups, or at least with one or two reliable friends.
- Check in with each other about plans for getting home.
- Look out for your friends the way you'd want them to look out for you.

Watch that glass.

- If you're 19 or older and choose to drink, remember that a beer, a glass of wine, a cooler and a mixed drink - if they're standard sizes - all contain equal amounts of alcohol. That means it is no 'safer' to stick to beer or coolers, especially because some of them have even higher alcohol content.

- Always keep your eye on your drink - especially in a public place. You never know what someone might slip into it, and you may not realize it until it's too late.

It's your party.

- When the party's at your place, let guests know the score ahead of time.
- Keep your eyes open and don't hesitate to ask an adult for help if there's a problem.
- Keep the law in mind, too - you could be liable if someone gets impaired by drug or alcohol and then hurts themselves or someone else.
- It's an offence to serve alcohol to minors.



Heading home.

- Make sure you have a plan and money to get home, or that you have a cell phone and the number for a taxi company. You can always get a cab by calling #TAXI from a cell phone.
- No matter what, don't ride with anyone who's been drinking or is too tired to drive - and don't take the wheel if you are impaired.
- Consider creating a 'No Questions Asked' contract with your parents so you can call home anytime for a ride.

In case of emergency.

- Keep emergency numbers in your wallet or saved to your cell phone and never hesitate to call the police if things get out of hand.
- If someone passes out, don't leave them alone to sleep it off - call 9-1-1 and turn them on their side to prevent choking.

For more information on safe proms, visit www.haltonpolice.ca or the LCBO website at 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.

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

Progress Through Participation