



How to Survive Prom Night and Keep Teens Safe

Sharing is caring!

Prom and graduation season is here again – this is a time for celebration. Unfortunately, these happy occasions sometimes involve underage drinking which can result in tragedy. ~ Susan Molinari

As I look back at my high school years, prom night was one of my most memorable experiences.

I remember helping to decorate the venue and my mom making my dress. Those were the days.

Every year, high school students plan and prep for their upcoming prom. They need to find the right dress, find the right date, and attend the the after party. It's intended to be the best memory of high school, yet sadly for some the party ends in tragedy.

According to the CDC, **ten teens die every day** from injuries sustained in car accidents.

An article, by [The Huffington Post](#), reports these startling facts:

- “According to the National Highway Traffic Safety Administration (NHTSA), for the past several years during prom weekend, approximately 300 teens have died in alcohol-related car accidents.”
- “Also according to the NHTSA, one in three children under age 21 who died in alcohol-related accidents died during prom and graduation season.”

NHTSA has also stated that more than one-third of youth under the age of 21 killed in alcohol-related fatalities in 2001 died during the months of April, May and June – prom and graduation season. Approximately 33% of traffic deaths of 15-to 20-year-olds are alcohol-related.

As prom and graduation season approaches, parents, schools and teens need to educate themselves on the dangers of prom and drinking and have prevention strategies in place.

While prom night is about teens having fun and creating lasting memories, here are some statistics from [Edgar Snyder & Associates](#).

- More than 90% of teens believe their fellow classmates will likely drink and drive on prom night.
- Only 29% believe that driving on prom night comes with a high degree of danger.
- 36% of teens said their parents have allowed them to attend parties where alcohol was present and available.
- 14% of teens say their parents have hosted teen gatherings with alcohol.
- 54% of students drink more than four drinks on prom night.

It is the truth that some teenagers will engage in underage drinking on this traditional high school event.

The thing is drinking and driving is not just about prom night. An issue affects families every single day.

What Parents Can Do to Keep Kids Safe

- Discuss prom night rules with your teen. Have a copy of the prom night schedule with the prom’s start and end times. Also, have the details of any pre-and post-prom events. Be sure to include the dangers of drinking and driving.

- Have your teen sign your own pledge with rules that include remaining alcohol-free during prom night or have your teen sign the [Safe & Sober Pledge](#) to commit to safety on prom night.
- While it is costly, one option is to hire a limousine for prom night. Be sure to ask about the limo service's policy on allowing alcohol in the vehicle. If that is too expensive, maybe a trusted relative could drive the students.
- Do not allow your child to attend parties that will be serving alcohol to minors.
- Make sure your teen has a cell phone for the night in case of an emergency. Have mandatory check-in times for your teen during prom night.
- If your teen needs help because of driver who has been drinking, encourage them to call you – no questions asked. It is better to be safe than sorry.
- Don't even consider hosting a party where alcohol is served to teens. You could face serious fines and even jail time in many states.
- Be sure your teen has extra money for cab fare if they are in an uncomfortable situation or if the designated driver is not driving safely.
- While it may be a challenge, stay awake until your teen returns home from prom night even if it means that you have to stay up all night.
- Finally, remind your teen that the number one killer of teenagers is car accidents.

Being a teen can be tough. Just try to surround yourself with good friends that really have your back, and be a good friend to those who really care about you. If you are not sure about certain things, talk to your friends that you trust and your family. ~ Victoria Justice