



**A great prom night**

**starts here.**

**Mom, Dad, start the conversation.**

The prom is soon. It's important to take the time to talk about pressure and making good decisions before you send them off. Some teens will use alcohol and/or drugs to cope with the stresses they face during prom night. In addition, the use of these substances can cause relaxation, altered perceptions, impaired judgment, loss of inhibitions, and regret. It can also cause them to make questionable choices and get involved in behaviors that put their health, safety, and reputation at risk. Get strategies. Learn what every parent needs to know about prom night and after.

**[PowerToTheParent.org](http://PowerToTheParent.org).**

