



What every parent
should know about~

prom night

...and after

Remember your prom experience?



Getting dressed up, having fun and enjoying a special night with friends and classmates are all part of the prom ritual. But deciding what to wear, whom to go to prom with, whom to sit with, and what to do before and after the prom, can be stressful for teens. To cope with these pressures, some teens use alcohol or other substances to relax, to become more

uninhibited, to have more energy, to lose weight, and/or to "fit in."

Use of substances including high concentration nicotine and energy products can have unintended consequences that result in altered perception, judgment, feelings, coordination, and becoming sick from the substance. In other words, if using substances a teen may do things that they normally would not do and behave in uncharacteristic ways including making unhealthy or unwise choices about sexual behavior and other behaviors that put their health and safety at risk.

In the months and weeks before prom

Speak to your teen about the dangers of them consuming alcohol and other drugs including medical emergencies like alcohol poisoning, drug contamination, and high concentrations of nicotine or other substances. Encourage them to get help immediately if a friend or classmate is experiencing a medical situation. Tell them to call 911 immediately if someone has lost consciousness, is having seizures, vomiting, unable to walk, unable to hold up their head, or having some other medical emergency.



Before the prom, talk to your teen:

- **Tell** your teen that you love them and your primary concern is for their health and safety.
- **Ask** your teen what the plans are for post-prom celebrations.
- **Share** your thoughts on situations that might arise and discuss ways to handle them.
- **Ask** your teen to call or text you to keep you updated as to where they are and, if there are concerns, to call or text you immediately.
- **Restate** your concerns for your teen's health and safety and your expectations of them.



- **Talk** to your teen about prom and after-prom events that your teen is planning to attend. Tell your teen to contact you post-prom, and ask when you can expect them home.
- **Stress** that you will pick up your teen at any place and anytime if they want to come home, and agree on a call or a text alert with no questions asked. Leave money in case taxi is needed.

When the limousine or party van comes:



- **Speak** directly to the driver and discuss your expectations for an alcohol and drug free ride.
- **Inspect** the limousine, including the trunk, to make sure it is alcohol and drug-free.
- **Emphasize** to the driver not to allow in the limousine any non-alcoholic beverages that are open or have the seal broken.
- **Tell** the driver that you do not want any stops made along the way to or from the prom or post-prom site.

After the prom:

• **Check out** your teen when they return home. If your teen seems sleepy, has altered speech, or apparent coordination problem, smells of alcohol, has dilated or pinpoint pupils, or has obvious signs of alcohol or other drug use, don't allow them to go to sleep. Keep them in sight because some drugs can have a delayed serious and even lethal effect.

• **Talk** to your teen about the prom night experiences and problem solve around difficult situations that may have arisen.



Things to remember:

→ Accidents can happen going to and coming from the prom as well as at the beach, hotel room, club, and other after-prom sites.

→ Vomiting, passing out, and other alcohol and drug related incidents can result in health and safety risks, as well as damaged reputations, lowered self-esteem, and ruined relationships. Remember to tell your teen to call 911 immediately if someone has lost consciousness. Assure them they won't get in trouble if they call for help.

→ Driving while texting and driving while drowsy is as dangerous as driving while under the influence of alcohol and other drugs.

**For additional parenting tools,
visit this website: www.powertotheparent.org**



For more information,

Office of Drug Abuse Prevention & STOP-DWI

112 East Post Road, 3rd Floor, White Plains, NY 10601

(914) 995-4115 or email: pat5@westchestercountyny.gov

Website for Public Safety information:

<https://publicsafety.westchestercountyny.gov/prom-safety-initiative>



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2026 PROM NIGHT FACT SHEET



When Hiring a Limousine or Car for the Prom

GENERAL

Ensure the Limousine or Car Service Company, and the driver are all properly licensed with the Westchester County Taxi & Limousine Commission (WCTLC) for pick-ups and drop-offs within Westchester County. Contracts must be signed by persons 18 years or older.

1. If going to a prom in Westchester, but being picked up outside of Westchester, ensure the limousine company or car service has vehicles and drivers licensed by either Westchester County TLC, New York City TLC, Nassau County TLC or Suffolk County TLC;
2. Larger limousines and party buses are not required to have TLC permits but they need to be in compliance with New York State Department of Transportation safety regulations;
3. The Driver is required to have a valid NY chauffer class license E (up to 9 passengers);
4. WCTLC recommends signing a 'prom safety contract' with an authorized TLC Limousine/ Car Service;
5. **Party buses are NOT exempt.** Buses will be inspected for alcohol/drugs.

PERMITS

Vehicle's WCTLC Permit

1. Cars licensed to do for-hire business in Westchester County will have a rectangular WCTLC decal on the lower right side of the windshield;
2. The expiration date of each permit is prominently displayed on the permit

Driver's Permit

1. The driver should be able to produce a valid WCTLC driver permit;
2. The expiration date of the permit will be prominently displayed in **RED** under the driver's photo

PROM NIGHT

When the car arrives on prom night, check the following:

1. All Westchester County for-hire vehicles that seat fewer than 15 passengers must be registered with the WCTLC;
2. NYS Department of Motor Vehicles requires that a driver of a vehicle that seats 10 or more passengers have a Commercial Driver's License (CDL);
3. Remind the car service that persons under 21 will use the car, and that there should be **NO ALCOHOL** in the vehicle. Also speak to the driver and reiterate to him/her that he/she is not to provide alcohol, and/or allow the consumption of alcohol by under-aged passengers while riding in the vehicle.

For more information, contact the Taxi and Limousine Commission, at (914) 995-8400 or visit the TLC Website site at: <https://tlc.westchestercountyny.gov/base-station/overview>.



PROM CONTRACT TIPS



Helpful Contract Tips to Ensure Safe Prom Transportation

- Incorporate a Drug and Alcohol Policy.
- Ensure contract is signed by someone over 18 and also signed or initialed by student passengers. Only passengers registered on the contract should be allowed inside the vehicle.
- Incorporate the addresses for all pick-up and drop-off points. The adult contract purchaser must approve any additional stops or significant changes in the itinerary after departure. The Driver will call the contract purchaser if passengers request change to the itinerary.
- Encourage parents/guardians to inspect the hired vehicle at pick-up location to ensure it is alcohol/drug free.
- Require all bags and packages to be inspected by the driver and stored in the trunk of the hired vehicle for the duration of the service. Passengers refusing to allow a bag inspection will not be permitted to bring the bag inside the vehicle.
- Specify that the privacy screen must remain open for the duration of the service.
- Agree that alcoholic beverages, tobacco products and illegal substances are not permitted inside or within 100 feet of the hired vehicle.
- Non-alcoholic beverages are not permitted in the hired vehicle if the seal has been broken or the beverage has been opened.
- If alcohol or drugs are discovered, the Driver will call the passengers' parents and/or return the passengers to the original pick-up location. Each passenger's parent/guardian must provide a phone contact number in case of an emergency or a contract violation.
- The Driver will provide his/her cell phone number to the contract purchaser or parent and will be respectful of the students and their needs while maintaining the safety of the group.
- The Driver is wholly responsible for the safe operation of the vehicle, and, as such, has complete authority to dictate what conduct and actions are permissible.
- Appropriate behavior is expected of all, inside the cabin of the hired vehicle. This allows the Driver to concentrate on the operation of the vehicle. Standing up through the moon roof, hanging out the windows, opening the doors while the vehicle is in motion and throwing trash out the windows of the vehicle are examples of prohibited conduct.
- There shall be no loud or profane behavior inside the hired vehicle, including but not limited to foul language, inappropriate touching, and nudity.





La hija de 17 años de Kathi, Taylor, falleció después de asistir a un partido de regreso a casa (homecoming) y a una serie de fiestas con consumo de alcohol por menores durante su último año de secundaria. Desde 2009, Kathi se ha dedicado a compartir el Mensaje de Taylor, con la esperanza de ayudar a otros. Las impactantes estadísticas sobre la prevalencia del consumo de alcohol en menores la impulsan a crear conciencia y educar a padres y jóvenes. Ella aprendió de la manera más difícil que no es “un rito de paso”. Su presentación destacará los riesgos del consumo de alcohol en los jóvenes, la responsabilidad legal asociada con permitir el consumo de alcohol por menores en su hogar y la importancia de la comunicación para guiar a su hijo adolescente a tomar decisiones saludables en todas las áreas, incluyendo el uso de sustancias, el bienestar de la salud mental y el autocuidado.



Chris parecía tenerlo todo. una destacada carrera atlética en la escuela secundaria y, eventualmente, fue reclutado por los New England Patriots. Tuvo una carrera de 6 años en la NFL. Lo que debería haber sido una vida en la cima del mundo se convirtió en una batalla con sus demonios internos de ansiedad y trastorno por consumo de sustancias. Hoy, Chris comparte su inolvidable historia sobre los peligros del consumo de sustancias y la importancia de la salud mental con jóvenes y adultos en todo el país. Las personas se van con nuevas herramientas para ayudarlas a afrontar situaciones y tomar buenas decisiones sobre drogas, alcohol, ansiedad y depresión. A través de su presentación, “No está en el Playbook”, su audiencia aprende que buscar ayuda y pedir apoyo es una señal de fortaleza, no de debilidad! La comunicación es un componente clave del bienestar. No juzgues un libro por su portada; el interior de Chris no coincidía con su exterior durante toda su vida.



Chris y Kathi Sullivan se conocieron en la primera presentación de Kathi. Han creado el Mensaje de Sullivan con la esperanza de compartir con el mundo el poder de la RECUPERACIÓN. ¡Todos estamos recuperándonos de algo!



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