



*Sindy,*  
*The Student Pathfinder*  
Transforming students, one brick at a time!!!

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## Tips

We are now in the season of prom and are you READY? Right now, I am quite sure you worked hard so that your child has the best attire, shoes, jewelry, hair style and ride to ensure they have a great experience. Their tickets have been purchased as well as money secured to purchase the best photo package so that they can remember that day for years to come.

All of these are great preparation that has to be done. However, preparing you as a parent before they leave, preparing them socially to handle challenges during prom and discussing their experience after prom is valuable. I have provided you with a checklist below to ensure your child's mind is socially prepared for that day.

***Note that this is only a guide.*** This is only to be used as a tool of reference. There are other resources available for review online that deals with in depth information on drug usage, alcohol consumption and sex.

You can visit these sites for additional information as well.

- USNews at: <http://www.usnews.com/education/blogs/high-school-notes/2012/04/09/3-tips-for-parents-to-discuss-prom-safety-with-teens>
- Power to the Parent at <http://powertotheparent.org/toolkit/prom-safety/>
- Family Education at <http://life.familyeducation.com/teen/prom/36549.html>

P.O. Box 693501 • Miami, Florida 33269  
[info@sindyegene.com](mailto:info@sindyegene.com) • [www.sindyegene.com](http://www.sindyegene.com)  
Facebook Page: Sindy The Student Pathfinder • Twitter: #Sindy\_Eugene •  
Instagram: @studentpathfinder • Pinterest: Sindy, The Student Pathfinder  
• Blog: <http://sindytpfblog.wordpress.com/>

## Before Prom

**Check List for Parents** (this is simply a guide to help ensure you covered all the basics before, during and after prom for your child). Outside of the regular preparation for prom, it is important to consider these:

1. \_\_\_\_\_ I met with the parent/legal guardian of your child's prom date.
  - a. Name of Parent: \_\_\_\_\_
  - b. Contact #: \_\_\_\_\_
  - c. Address: \_\_\_\_\_
  
2. \_\_\_\_\_ I met the parent/legal guardian of the friends your child is going to be with if traveling in groups.
  - a. Name of Parent 1: \_\_\_\_\_
  - b. Contact #: \_\_\_\_\_
  - c. Name of Parent 2: \_\_\_\_\_
  - d. Contact #: \_\_\_\_\_
  - e. Name of Parent 3: \_\_\_\_\_
  - f. Contact #: \_\_\_\_\_
  
3. \_\_\_\_\_ I know at least two close friends of my child that will be attending prom.
  - a. Name #1: \_\_\_\_\_
  - b. Contact #: \_\_\_\_\_
  - c. Name #2: \_\_\_\_\_
  - d. Contact #: \_\_\_\_\_
  
4. \_\_\_\_\_ I know who the driver is going to be.
  - a. Name: \_\_\_\_\_
  - b. Contact #: \_\_\_\_\_
  - c. Car make & color: \_\_\_\_\_
  - d. Car tag #: \_\_\_\_\_
  - e. Insurance Company: \_\_\_\_\_
  
5. \_\_\_\_\_ I know how to get to prom location in case of emergency.
  - a. Location: \_\_\_\_\_
  - b. Address: \_\_\_\_\_
  - c. Contact #: \_\_\_\_\_
  
6. \_\_\_\_\_ I know at least two school representatives that will be chaperoning the Prom.
  - a. Name #1: \_\_\_\_\_
  - b. Contact #: \_\_\_\_\_
  - c. Name #2: \_\_\_\_\_
  - d. Contact #: \_\_\_\_\_
  
7. \_\_\_\_\_ I know how to get to prom location in case of emergency.
  - a. Location: \_\_\_\_\_
  - b. Address: \_\_\_\_\_
  - c. Contact #: \_\_\_\_\_

## .During Prom

Once you have made sure you taken care of the logistical needs of prom, now it is time to really discuss the social prom safety. Talking with your child about these key topics are recommended to really express your love, support and concern for their safety. It is not intended to scold or place fear in your child. Check each statement below indicating that you talked about the following prom safety tips to apply during prom.

1. \_\_\_\_\_ The importance of discarding a drink they accidently left unsupervised.
2. \_\_\_\_\_ The importance of making sure they leave the building with students they know well.
3. \_\_\_\_\_ The importance of making sure the person they are getting in the car with is not drunk.
4. \_\_\_\_\_ The importance of making sure their ride takes them straight home and not take detours.
5. \_\_\_\_\_ The importance of consulting you, their parent/legal guardian about the idea of going to an after party.
6. \_\_\_\_\_ The importance of making wise decisions about sex (if they are sexually active).
7. \_\_\_\_\_ The importance of saying NO to drugs the dangers of saying yes.
8. \_\_\_\_\_ The importance of saying NO to food offered by friends that was not prepared for consumption at the prom location.
9. \_\_\_\_\_ The importance paying attention to their surroundings at all times in the midst of having fun.
10. \_\_\_\_\_ The importance downloading and turning on their location identifier
11. \_\_\_\_\_ The importance keeping their cell phone usage that night for emergencies.
12. \_\_\_\_\_ The importance bringing extra money for cab in the event no responsible individual is able to bring them home.

## After Prom

Once your child safely returns home, schedule a time for them to share their prom experience with you. Ask meaningful questions that will allow them to share both the good and bad aspects of prom. Let them share what they loved and disliked about the entire experience. Invite them to share what they learned or discovered about themselves and others as a result of attending prom.