

CELEBRATE SAFER ON PROM NIGHT



You can have a fun night without using alcohol and substances. This information is to guide you and help you make wise choices. Remember it is illegal for individuals under 19 years of age to use or possess alcohol and cannabis. The safest way to celebrate is to avoid using alcohol and substances.

Follow the rules set by your school/prom committee. You have been planning and looking forward to this night for months, don't make decisions that you will regret and end your night before it even starts. Think about the consequences of your actions, have fun, and make this a night to remember!

Make a plan and set a limit up front. Make a plan with your friends that everyone agrees on and try stay together during the night to take care of one another.

If you don't plan to use substance, don't let your peers influence you. If you are using substance or drinking alcohol, know how many you are going to have and stick to it. If you are feeling pressured to use substances, try saying no by suggesting another activity or saying you don't want to get in trouble

Keep track of your intake and pace yourself. You can keep it fun, have some mocktails or non-alcoholic champagne, along with some water. If you are drinking, keep track of how many you are having, drink slowly, and for every alcoholic drink have one non-alcoholic drink.

Eat something. Food slows the absorption of alcohol and other substance. Snacking will reduce your risk of getting too drunk.

Avoid using multiple substances at once. Mixing alcohol with cannabis, vapes, or other substances can make you more impaired, impact your decision making abilities and increase your risk of harm.

Cannabis Mixing cannabis with alcohol and other substances increases your impairment of judgment and also increases the risk of negative physical and psychological side-effects.

Vaping When drinking alcohol you might be more likely to engage in other risky behaviours like vaping. Remember vapes often contain nicotine an addictive substance.

Other substances If you are on any type of medication, avoid using substances. Remember, legal does not mean safe. All drugs change the way you think, behave, and act.

Know what's in your drink and substances. You can't always tell what is in a substance by looking at it. Don't take something from someone you don't know.

Think about how you are feeling. Be sure to consider your body weight, mood, health, amount of sleep you've had, and the amount of food in your stomach. These all play a role in determining how substances will affect you, but understand everyone responds to the same substances differently.

Make a plan to get home safely. Have a plan and under no circumstance should you drive or get in a car with someone who has been using substances. Know who the designated driver is or call a parent, someone you trust, a cab or ride-share.

Alcohol and other substance use affects your decisions and can lead you to do things you might have avoided if you were sober. Be careful of getting into sexual situations when you've been drinking or using other substances. Don't hassle your friends when they want to be sure you are safe and that you get home safely.

Above all - be safe and make it a good night to remember.

Kids Help Phone kidshelpphone.ca | Call: 1-800-668-6868 | Text: 686868

Rethink Your Drinking www.rethinkyourdrinking.ca

*Adapted with permission from the
Sexual Assault Crisis Centre Safe Party Tips
<https://saccwindsor.net/party-safe/safe-partying-tips-1/>



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