



# CELEBRATE SAFER ON PROM NIGHT

You can have a fun night without using alcohol and other substances. This information is to 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.

**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

**Follow the rules set by your school/prom committee.** Think about the consequences of your actions, have fun, and make this a night to remember!

**Make a plan, set limits, and stick to it.** If you don't plan to use substances, don't let your peers influence you. 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

**Have a Party Partner,** a friend that will: be around for the whole party, look out for you, step in if something is happening that doesn't seem right, and make sure that you both get home safely.

Keep it fun, have some mocktails or non-alcoholic champagne, along with some water. If you are drinking, **keep track of your intake and drink slowly,** and for every alcoholic drink have one non-alcoholic drink.

**Avoid using more than one substance.** Mixing alcohol with cannabis, vapes, or other substances can make you more impaired, impact your decision making abilities, and increase your risk of harm.

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.

**Save a life, carry naloxone.** If you or someone else is having a party make sure there is a naloxone kit on hand. Learn more at [wecoss.ca](http://wecoss.ca)

**Think about how you are feeling** (your body weight, mood, health, amount of sleep you've had, and the amount of food in your stomach) as it can change how substances affect you. Everyone responds to substances differently.

**Make a plan to get home safely.** Don't drive or get in a car with someone who has been using substances. Call for a ride if you need one.

**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.

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