

PROM TOOLKIT RESOURCES UPDATED WITH PARTY SAFER MESSAGING

The Healthy Schools Team has adapted the resources from the Prom toolkit to make the toolkit more general and related to safe partying. We encourage you to review the toolkit and use it as you see fit in your school community. The purpose of the toolkit is to provide school administrators, teachers, students, and parents/caregivers with resources and messaging that encourages students to have fun this summer while making decisions to party in safer ways.

Please visit the [Educators section](#) of the Health Unit's website to find the resources associated with the toolkit.

If you have any questions about the toolkit please reach out to your school nurse or call the school hotline at ext. 1555.

Summary of Updates

The following are updates that have been made to the Prom Toolkit resources:





- *Celebrate Safer On Prom Night-Information Sheet for Teens and for Educators* (Appendix C of Prom Toolkit) have been renamed *Party Safer Resource for Teens and for Educators*
 - The resources have been updated to remove any reference to prom and make it more generic to safe partying and a small piece on naloxone has been added to both resources.
- *How to Talk to Your Teenager about Prom- A Resource for Parents/Caregivers* (Appendix F of Prom Toolkit) has been renamed *How to Talk to Your Teen about Parties- A Resource for Parents/Caregivers*.
 - Parent resources References to prom have been removed and a piece on naloxone has been added.
- Social media and announcements have been updated to include language around safe partying and are included below.
- The Student Party PROMise Pledge, Photo Op Card, and White Ribbon Resource Card have not been updated.


Provide Feedback

We request your feedback on this toolkit to make improvements for future editions. A survey for can be found at this [link](#) or by scanning the QR code below:



Social Media and Announcements

<p>Facebook/Twitter</p>	<p>Image: download the images from the educators page on our website.</p>
<p>Heading to your first summer party? Have a plan, stick to it, stay with your group, and look out for each other. #WEPartySafe</p>	
<p>Have you found a party partner? Pick a friend that will: be around the whole night, look out for you and you for them, step in if something is happening that doesn't seem right, and make sure that you both get home safely.#WEPartySafe</p>	
<p>More teens say no to alcohol than you might think. Don't be afraid to say no, it's always your choice.</p> <p>If you need help dealing with peer pressure, try talking to someone at Kids Help Phone. You can text, chat online, or call – for free.</p>	
<p>Enjoy your summer and don't let peer pressure sway you into doing anything you don't want to. It's okay to say no. #WEPartySafe</p>	

<p>Respecting your own boundaries as well as the boundaries of others. Learn more about consent! https://teentalk.ca/learn-about/consent-2/</p>	
<p>Is your teen heading out for the night with friends? Ask who they are going with, how they're getting around, and where they will be. Make sure they have a back-up plan in case they end up in an uncomfortable situation. #WEPartySafe For more helpful tips, check out this resource: https://www.wechu.org/sites/default/files/edit-resource/em-healthy-schools-party-safer-toolkit/eng-how-talk-teens-about-parties-resource-parents-and-caregivers-1.pdf</p>	
<p>Check-in throughout the night & work out a safe code with your teen, something they can text you if there's trouble. Some kids simply text an "x" to their parents to indicate that they need to be picked up.</p>	

Announcements

- Heading out to a party this weekend? Watch out for your friends. Come up with a code word you can say or text to let each other know when needed. Uncomfortable situations can happen. Have each other's back, party safe!
- Every choice we make and every action we take has the power to make a difference! Alcohol is involved in almost 1/3 of teenage car accident fatalities. Enjoy your summer, don't drink and drive! Party safe.
- NEVER feel obligated to do more with someone if you don't feel right or comfortable.
- Know your limit and stick to it. Know that when alcohol/drugs are consumed, it makes it more difficult to:
 - Think clearly
 - Set limits and make good choices
 - Think about long-term consequences and control impulses
 - Determine when a situation is dangerous
 - Say "no"
- Using the True & False Questions from the Protect Yourself from Sexual Violence Tip Sheet (Appendix D of the Prom Toolkit) to create announcements.