

# CELEBRATE SAFER ON PROM NIGHT MAKE WISE CHOICES



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 and 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.

**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 increase your level of impairment, 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** Avoid combining substances if you are on medication. A drug's legality does not mean that it is better or worse, they all change the way you think, behave, and act.

**Know what's in your drink and substances.** Keep an eye on your drink and know where the substance you plan to use came from. It's impossible to know what is in substances just by looking at them so be cautious and don't take something from someone you don't know.

**Consider your physical condition.** 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 substance use affects your decision-making abilities.** Be cautious of getting into sexual situations when you've been drinking. Alcohol and substance use may lead you into sexual situations you might have avoided if you were sober. Don't hassle your friends when they want to be sure you are safe and that you get home safely.

Above all think about the consequences before you act, and be safe!

Kids Help Phone [kidshelpphone.ca](http://kidshelpphone.ca) | Call: 1-800-668-6868 | Text: 686868

Canada's Low-Risk Drinking Guidelines [camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf](http://camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf)

Canada's Lower-Risk Cannabis Use Guidelines [camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf](http://camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf)

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Sexual Assault Crisis Centre Safe Party Tips  
<https://saccwindsor.net/party-safe/safe-partying-tips-1/>



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