

Prom 2024

It's that time of year again, prom is here! Now is the time to have a prom safety conversation with your teen. Below are a few tips:

1. Prepare yourself and them. Take this opportunity to talk to your teen about the effects and potential consequences of chemical use, including alcohol.
2. Make sure your teen has a clear plan for the evening and that you are aware of the details. It is important to know who will be going in your teen's group, details about transportation and post prom plans.
3. If your teen is attending a pre or post-prom party, know the location and check it out ahead of time. Be sure to talk to and meet the parents that are hosting the parties and ensure that there will be parental supervision, bag searches and ask how substance use will be handled. Also make sure to get the location address and contact information for the parents.
4. Create a backup plan. Often when a backup plan exists, the likelihood of needing it decreases. Make sure that your teen knows that regardless of the situation, they can call you for help. Some families develop a code word or an emoji that can be texted to a parent, signaling them to come and pick up the teen, no questions asked.
5. Discuss prom expectations (both yours and the school's) with your teen and the consequences for violating them.

There are many people, including staff, students and parents involved in making this year's prom an amazing and memorable experience for all. Please join us in making prom night safe for all MWHs students and their guests. If you have any questions or concerns, please reach out to Candi Davenport MS, LADC at cdavenport@relatemn.org.