



Prom Tips for Students

1 Who needs it? You don't need alcohol to have fun. And just think: no regrets, humiliation, hangover or loss of self-respect to deal with the next day.

2 Safety in numbers. Travel in groups, or at least with one or two reliable friends. Check in with each other about plans for getting home. And look out for your friends the way you'd want them to look out for you.

3 Watch that glass. If you're 19 or older and choose to drink, remember that a beer, a glass of wine, a cooler and a mixed drink – if they're standard sizes – all contain equal amounts of alcohol. That means it is no 'safer' to stick to beer or coolers, especially because some of them have even higher alcohol content. And always keep your eye on your drink – especially in a public place. You never know what someone might slip into it, and you may not realize it until it's too late.

4 It's your party. When the party's at your place, let guests know the score ahead of time. Keep your eyes open and don't hesitate to ask an adult for help if there's a

problem. Keep the law in mind, too – you could be liable if someone gets impaired and then hurts themselves or someone else, and it's a criminal offence to serve alcohol to minors.

5 Heading home. Make sure you have a plan and money to get home, or that you have a cell phone and the number for a taxi company. You can always get a cab by calling #TAXI from a cell phone. No matter what, don't ride with anyone who's been drinking, doing drugs or is too tired to drive – and don't take the wheel if you are impaired.

6 In case of emergency. Keep emergency numbers in your wallet or saved to your cell phone and never hesitate to call the police if things get out of hand. If someone is passed out, don't leave them alone to sleep it off – call 911 and turn them on their side to prevent choking.

For more information on safe proms, check out the LCBO's website at www.lcbo.com/prom. To learn more about alcohol and its effects, call the Centre for Addiction and Mental Health's Drug, Alcohol and Mental Health Information Line at 1-800-463-6273. In Toronto, call 416 595-6111. Or visit their website at www.camh.net.