

PROMise to Keep It Safe

As parents and teens plan for prom, graduation and other spring activities, San Dieguito Alliance for Drug Free Youth* suggests that parents:

- Say NO to unchaperoned parties, after prom parties in hotel rooms, coed sleepovers or any other event where alcohol could be served.
- Know the address and telephone number of a party your teen wants to attend. Then contact the parents of the party giver to verify that they plan to be at home and visible. (Offering to send some food or soda is a good icebreaker.) Be sure alcohol/drugs will not be permitted.
- Be certain your teen knows when he/she is supposed to be home, and that he/she must stay in one place, or call *before* changing party location. Set up a code word your teen can use when calling you to signal that he/she need to be picked up now.
- Don't bargain with youth by allowing them to drink as long as they promise not to drive. There are other problems with underage alcohol consumption besides drunk driving!

If your house is the site of the party...

- Don't allow teens to leave and return.
- Walk through your home often with more food and non-alcoholic drinks.
- Ask other parents to help chaperone or provide food for the party.
- Call parents of anyone under the influence immediately, and take away the keys.

Alcohol is a depressant, slows reactions, dulls the brain, affects coordination, changes behavior and impairs judgment. Teens report that alcohol consumption is a major factor in date rape, suicide, fighting and vandalism. Too much..too fast..can kill you. Alcohol poisoning kills 4000 teens a year. Signs of alcohol poisoning can include vomiting, sweating, pale and clammy skin, slowed breathing, disorientation, and losing consciousness. The teen should NOT be given coffee, water or food, or be put to bed to sleep it off, or be left alone. The teens should receive medical care immediately. There is no antidote, but doctors can pump the stomach, restart a failed heartbeat and monitor breathing.

**San Dieguito Alliance for Drug Free Youth is the alcohol, tobacco and other drug prevention collaboration for the north coastal region. If you would like to participate in our prevention networking meetings, please contact us at (858) 755-6598 or strang@cts.com or PO Box 2448, Del Mar CA 92014.*