



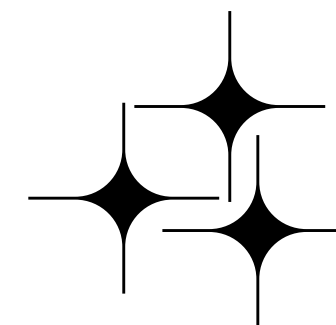
Staying Substance-
Free & Awareness

Helping with
Prom Attire

Transportation
& Safety
Essentials

Influencer
opportunities

THE ULTIMATE PROM PARENT PLAYBOOK



Operation *prom*

BY: WICHITA MOUNTAINS PREVENTION NETWORK



PROM PREPARATION CHECKLIST



Prom is a night to remember, so don't
forget.....

HELPING WITH PROM ATTIRE



- Choose the Outfit: Support your teen in selecting a look that boosts their confidence
- Plan for Fittings: Schedule any necessary alterations well in advance
- Coordinate with Friends: Help them discuss color themes and group styles
- Select Comfortable Shoes: Ensure they pick shoes they can dance in all night.
- Pick Accessories: Help them choose jewelry and bags that match their outfit
- Book Beauty Touch-ups: Help them book a makeup, sunless tanning sessions to feel their best for prom
- Grooming Essentials: Remind them about haircuts and nail appointments before prom





TRANSPORTATION & SAFETY ESSENTIALS

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- Discuss Transportation Plans: Talk about carpooling, limos, or rideshare services
- Ensure someone in the group is sober and responsible
- Double-check all transportation arrangements
- Have a backup plan in case of emergencies
- Encourage your teen to have important numbers saved
- Get details on where they're going and who they're with, and agree on curfews and what's expected from them
- Discuss the importance of staying sober during prom
- Ask them to send updates and confirm their safety



Remind them to **NEVER** drive drunk or high

STAYING
SUBSTANCE-FREE

STAYING SUBSTANCE-FREE

- Safe Word
- Communicate
- Discuss fun non-alcoholic drink options like mocktails and sodas
- Encourage a pact with friends to stay substance-free
- Role-play responses to peer pressure to help them say no
- Safe Word: Establish a code word for help in uncomfortable situations
- Know what the **Oklahoma “Social Host”** law is. This law holds **adult and minors** accountable for allowing underage drinking or substance use on their property, even if they are not present
- Know about **Naloxone/Narcan** and how to get it for **FREE**

Prom is a night to remember, so don't forget.....



NALOXONE / NARCAN: *OPIOID ANTAGONIST*



- * Temporarily reverses opioid overdose by allowing the person to breathe
- * Takes a few minutes to take effect
- * Multiple doses may be needed

**GET NARCAN FOR FREE AT
[OKIMREADY.ORG/OVERDOSE](https://okimready.org/overdose)**

WHAT YOU NEED TO KNOW



Have someone call 911 as you administer Naloxone. If no one else is available, call 911 on speaker phone, then administer Naloxone



Do not do a test spray! There is one dose per device

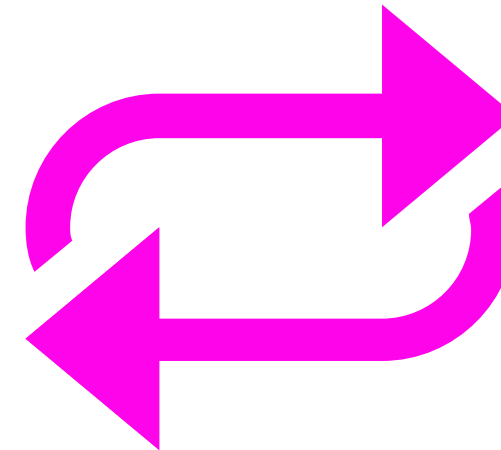


Naloxone is safe to use, even if it is not an opioid overdose. It is also safe to use multiple doses



If person has not woken up or their breathing has not improved, give the second dose in the other nostril

Switch nostrils with each dose



*A DOSE CAN BE
GIVEN EVERY
2-3 MINUTES*



HELP PROTECT THEIR FUTURE



Talk to Your Teen About Sex

- It's okay to say no to sex, even if friends or dates are saying yes
- Sex carries risks like pregnancy and STIs. Always use protection
- Saying no to sex is okay. Respect your own boundaries and others
- The decision to have sex is yours. Don't let others make it for you

Start the Conversation

- Use real-life scenarios to illustrate importance of consent and protection
- Discuss potential consequences of sex and how to stay safe
- Listen to your teens thoughts and feelings

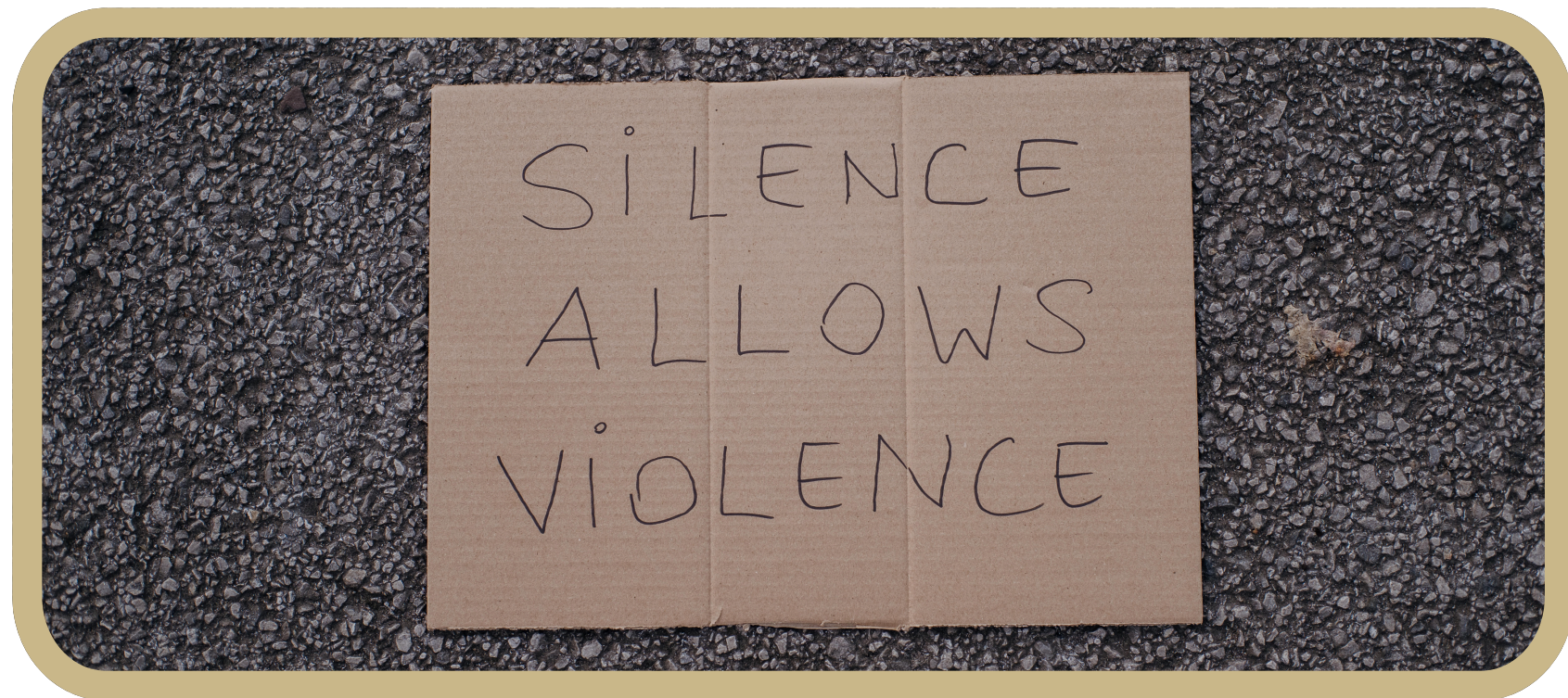
Tips for Parent

- Create a safe space for questions and concerns
- Avoid lecturing or judging
- Encourage open and honest conversation
- Emphasize respect for boundaries and values

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SEXUAL ASSAULT AWARENESS



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Talk About Consent:

- Make sure your teen knows that saying "NO" really means "NO" and that it is a complete sentence

Encourage Helping Friends:

- Remind them to look out for their friends and to step in if someone feels uncomfortable

Stay Together:

- Tell them it's safer to stick with friends when they're out

Anyone Can Be a Victim:

- Remind them that anyone can be a victim, both girls and boys

Know Their Power:

- Help your teen understand their rights and how to get help if needed, whether it's talking to a school counselor, calling the police, sending you a "safe word" that they need help or reaching out to a helpline



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THE DAY OF PROM

Before Leaving:

- Remind them to do a final self-check after putting on their fabulous gown or tux
- Check how they're getting to and from the event with friends
- Ensure they have ID, cash, phone, and emergency contacts
- Go over what to do if they need help or feel uncomfortable
- Remind them that you love them and to relax and enjoy the experience

At the Event:

- Remind teens to check in with you and with their group for safety
- Encourage teens to be aware of their surroundings and trust their instincts
- Make it clear that teens should inform you if their plans change

Operation *prom*

INFLUENCER
OPPORTUNITIES

INFLUENCER OPPORTUNITIES

Is your teen interested in becoming one of our Operation Prom influencers, promoting prom safety on social media, print, and radio for **FREE**?

Or if you, as a parent/guardian , are interested in learning more about volunteering with us to help promote safe and responsible prom practices, please reach out to us today!

ATTN: Jessica Kindt or Chelsey Stevenson

Our Phone:

580-490-9197

Our Email:

PASSDRUGFREE@gmail.com



Local Influencers:
Brooke Kindt & Landon Walker