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State Police Have These Tips for Parents & for Teens Going to the Prom

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Categories : [Parents & Kids](#), [Public Safety](#), [Teens](#)

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Date : May 12, 2016

Connecticut State Police have some tips for parents to keep their teenagers safe on prom night, which is May 13 in Darien.

"There is nothing more heartbreaking than for a trooper or police officer to knock on the door of your home and deliver the sad message nobody wants to hear 'Your child is not coming home,'" state police said in [a recent announcement](#).

Here are the tips, from state police [on Facebook](#):

FOR PARENTS

Prom Tips

- Know who your child is attending the prom with and obtain all cell phone numbers.
- Discuss the events of pre- and post-prom parties with your teen and with other parents.
- Talk with your teen about guidelines and a curfew. Talk about the consequences of violating these rules.
- Discuss travel plans. If renting a limousine, ensure that the limo driver will not allow a person to bring, serve or introduce alcohol into the vehicle.
- Talk to your teen about the serious dangers and consequences of underage drinking and driving.
- Remind your child that you are there for them, if they need a ride home or to an after-prom affair.

When Your Teen Attends a Party

- Contact the adults to verify the occasion and the time of the party.
- Ensure that an adult will be home and that there will be no alcohol or other drugs permitted.
- Be sure to know the location of the party and the phone number of those hosting the party.
- Arrange transportation beforehand. Assure your teen that you or a specified neighbor or friend can be called if a ride home is needed.
- Agree on curfew times with your teen before the party starts.
- Be awake when your teen gets home. This will give you the opportunity to talk with your teen and to check his or her arrival time.

Hosting Teenage Parties

- An adult should be present at home throughout the length of the party.
- When possible, do not have the party in a separate part of the house.
- Parents need to stay visible during the entire party.
- Bring snacks or non-alcoholic beverages to where the teens are congregated and wander through consistently to say hello.
- Remember, Connecticut law prohibits providing alcohol to minors.
- Do not allow any teen who leaves the party to return to the gathering.

FOR TEENS

Prom Night Driving Tips

- Drive on well-lit roads and be sure to have your cell phone with you at all times.
- Make sure that your date and/or driver does not drink any alcohol.
- Alcohol impairs one's vision and slows reaction time, clear thinking, judgment and coordination.
- During weekends, there tend to be more impaired drivers on Connecticut roads. Always watch for oncoming drivers, as impaired drivers tend to drive toward lights.
- Before you leave home, have directions to where you are going on prom night.

- As always, at any Connecticut intersection, after your red light turns green, wait a second before pulling into the intersection to ensure that other drivers are not running the light.
- Keep the radio volume turned low enough so the driver can concentrate on getting you to and from the fun.

More Tips for Teens

- Plan ahead — make sure you have a safe plan for prom night.
- Discuss your plans with your friends; remind each other about responsible decision-making and confronting peer pressure.
- Remember to charge your cell phone and have it with you.
- Know where you are and where your plans will take you next; keep your parents and friends informed.
- Remember to contact your parents if your plans change.
- Do not allow anyone in your car or limo that has alcohol, drugs or weapons. It's dangerous, and **everyone in the car is at risk of being arrested.**

Editor's note: This article originally was published May 5. The time stamp has been changed to put it back on the Home page.