

Prom Night Agreement



I know that Prom Night can be filled with exciting memories but I am responsible for making sure the night goes as planned. I respect that my parents love me and want to keep me safe. My parents respect that I am a responsible teen capable of making positive decisions. With that in mind, we agree:

1. I will give my parents a complete itinerary, including who I will be with and where I will be, for the evening.
2. My curfew is _____ for prom night.
3. I understand that I must speak with my parents as soon as I come home, even if I have to wake them up.
4. I will call and ask my parent's permission if my plans have changed and will not go anywhere without checking in with them first.
5. I understand that I can call my parents at any time if I feel threatened or unsafe when I am out with my friends. I will not have consequences for pulling myself out of a bad situation.

PLANNING AHEAD

Talk through what you will do if you find yourself in a situation involving alcohol. Example: If I find myself in a car with someone who has been drinking I will make every attempt to stop the car (ie: pretending I have to pee) and then call my parent for a safe, sober ride.

- If I go to a party where there is alcohol...
- If I get to a party and realize there are no adults present...
- If I find myself in a car with someone who has been drinking...

DISCUSS CONSEQUENCES IF RULES ARE BROKEN

Example: If I drink alcohol, the privilege of visiting friends' homes will be revoked for one month.

- If I drink alcohol...
- If I break curfew...
- Additional disciplinary enforcements...

Student signature _____

Parent signature _____

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*Rules provide a concrete way to help teens understand what is expected of them and learn self-control. Setting firm consequences for when rules are broken is actually helpful, making it clear what they are to do and not do (a no-use policy, for example). Though it may not feel like it, rules are a way for parents to show they care. Negotiate with your teen and agree to the consequences ahead of time. This takes the heat out of the moment.