

# Celebrate Smart PROM NIGHT

Prom and graduation - a well earned time to celebrate!  
Treat yourself and your friends safely, and with respect.

1/3 of youth drunk driving fatalities happen this time of year.  
Those aren't just statistics - they're young people who had bright futures ahead of them. You can choose to celebrate without alcohol or cannabis.

Here are things you can do to stay safe:



Think about your choices ahead of time, know the signs of too much alcohol or cannabis use and how to help a friend in need. Call 911.



Never drive under the influence or get into a car with someone that's been drinking or using cannabis.



Text for a ride if you don't feel safe. Come up with a code phrase to signal you want to be picked up right away.



Share your location with someone you trust.

## Resources every teen should have:

### Suicide Hotline

Dial or text 9-8-8

### Youth Resources



### Crisis Line

Crisis Text Line - Text "VT" to 741741 and a trained crisis counselor will respond within 5 minutes

### VT Helplink

Call 802-565-LINK (5465) or visit [VTHelplink.org](http://VTHelplink.org) for free and confidential alcohol and drug support and referral services if you or someone you know needs help.

### Sexual Violence

#### Hotline

1.800.498.7273

Message Provided By:

