

NEWS FLUSH

...in the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION



TIPS FOR A SAFE & HEALTHY prom & graduation SEASON

**Make your own
safe and sober
traditions!**

- Discuss plans and curfew with parents. Let your friends and/or date know beforehand.
- Get to know your date before you go if they are someone you don't know well. Take a walk or go for ice cream.
- Discuss with your parents any after-prom/grad plans (the party at a friends house or hosting an early morning breakfast at your house)
- Plan ahead what you will say if someone offers you alcohol or drugs.

"No thanks." "Are you kidding me? I want to remember this night!"

"Actually I'd rather have a soda. Do you have one?"

- Ask a trusted adult to be near the phone and available on prom or graduation night in case you need to call. Establish a **CODE WORD** to text that adult when you need **OUT** of a situation.
- Make sure your phone is fully charged all night and bring a charger with you!
- **ATTEND THE MELROSE CLASS OF 2015 GRAD NIGHT PARTY!** It's a substance-free party with great prizes, games, and food all night long!

Top reasons to attend Grad Night

Save a horse, ride a mechanical bull!

To get out of one more grandparent hug.

So you're not home when your parents look at your diploma and see that it's blank.

When else can you pull an all-nighter and your parents are o.k. with it?

It's your last chance to look around at your fellow students in a Melrose school and say, "man, I'm gonna miss (or not gonna miss) these guys."

It's your final Melrose school-related all-nighter that doesn't involve cramming for an exam.

