



**Everyone
is NOT
doing it...
Trends that
may surprise
you!**

According to results from the national Youth Risk Behavior Survey, conducted by the U.S. Centers for Disease Control and Prevention (CDC), a majority of students in high school are making healthy lifestyle decisions.

- Two-thirds of the students were NOT sexually active in the three months preceding the survey.
- Less than half of the students had any alcohol in the previous 30 days.
- Two-thirds of the students reported zero tobacco use of any kind in the previous 30 days.
- Over 90 percent of the students surveyed had never used cocaine or steroids, and less than 25 percent had used marijuana in the 30 days preceding the survey.

Think you were surprised by these numbers...share them with your teen!



**Virginia
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Adapted from Prom 2004,
developed by VDH and Channing-Bete

Prom: Parent Wise



As teens prepare for the prom they are making many choices. Some choices are less important than they seem- for example what style of dress to wear, whether to take a limo or borrow Mom's car, what flowers to buy, who should sit where during dinner...the list goes on and on.

But as a parent, you worry that the most important – and difficult – choices still lie ahead. Will your child feel pressure to use alcohol or other drugs? Will he or she feel pressure to have sex? You remember what the prom is like. You know it's a night when the pressure to take risks intensifies.

So how can you help your teen make healthy choices?

Well before prom, have a conversation about sexual abstinence, relationships, substance abuse, and drinking and driving. Discuss your family's values and your child's personal values, and how they can help determine the best course of action. Emphasize that you want your child to enjoy the prom and make healthy decisions.

Talk about considering the consequences of all options before making a decision. For example, what are the possible consequences of drinking vs. not drinking? What are the possible consequences of having sex vs. not having sex? Help your teen understand that the consequences of an unhealthy decision on prom night can last for years and dramatically change their plans for the future.

Have your child plan ahead what he or she will say if someone offers alcohol or other drugs. A simple no thanks can work. A brief explanation can work too. Having a script in mind can help reduce pressure.

Again, remind your teen that you want him or her to have a safe and memorable prom. If your child accuses you of not trusting him or her, explain that you have the confidence in your child's ability to do the right thing. But you also know that prom can test anyone's ability to make safe and smart decisions.

As a final safeguard, consider providing your son or daughter with a cell phone that he or she can use to call you for a ride home at any time on prom night. Let your child know the benefits of deciding to call you - you'll be there no questions asked!



MOM:

Watch for ways your daughter will let you help her, then team up with enthusiasm!

Help her choose a dress with the right color and cut for her.

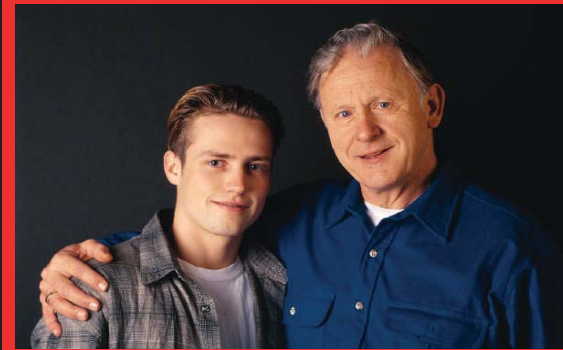
Make a date for the two of you to go to the salon for hair, nails and makeup or set up your own "salon" at home.

Help her pick a boutonniere that complements her date's tux or suit.

If you don't know them already, meet her date's parents, and make sure everyone knows the prom night plans.

Lend her a favorite or family necklace or earrings to make her feel special and show your confidence in her.

Don't forget your son! He could use a little of mom's energy and enthusiasm, too. Make sure he has a plan for prom night and that he has discussed it with his date. And remind him that if he needs a safe ride home for any reason he can call you - no questions asked!



DAD:

You have a lot to offer your son- your experience, your knowledge and your love.

Do the prom tickets; include dinner?

If not, help him pick a good - and affordable - restaurant.

You've worn more suits than he has. Help him look his best in a tux, and take him to lunch after the fitting.

Help him get the right corsage for his date to make her feel great.

If he is driving, check out the car together beforehand - oil, brakes - to make sure it is safe. Or if the kids are getting a limo, make sure you've talked to the company and the driver about the plans.

Don't forget your daughter- she could benefit from your experience, knowledge and love, too. Tell her she looks beautiful and remind her that if she needs a safe ride home for any reason she can call you- no questions asked!