

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 drunk 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.

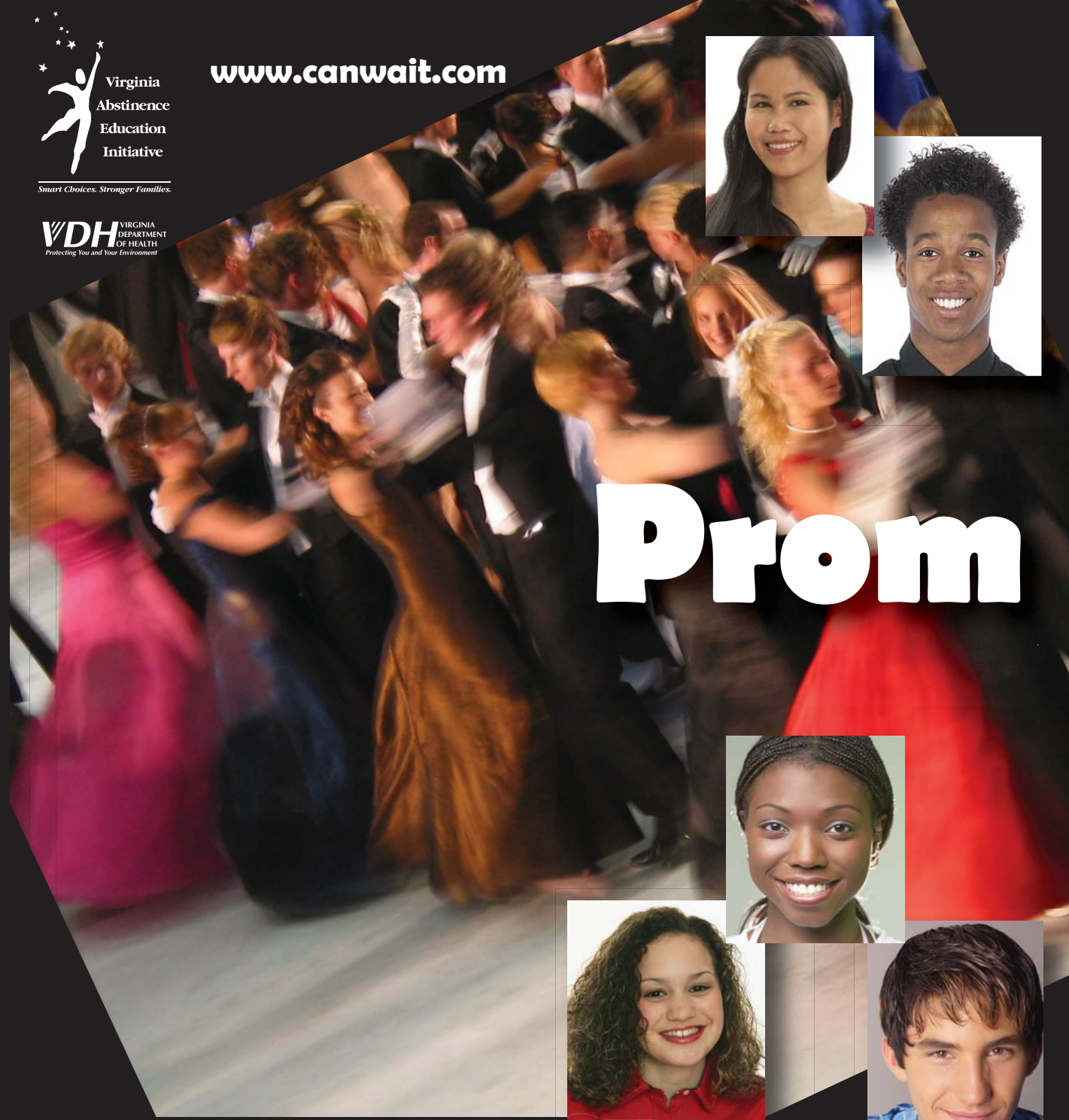
Think you were surprised by these numbers...share them with your parents!



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Prom



Adapted from Prom 2004,
developed by VDH with Channing-Bete

Prom Prep Top 10

How to help your folks help you! Mom may hate those boots you wore to school every day, but together you might just find the perfect style for your special night. Dad's been-there-done that, so why not benefit from his experience?

1. **Pick your prom dress with mom.** You won't have to trudge through all those stores alone.
2. **Remember, the clothes make the man.** Dad can help you pick the right tux, and avoid the pink one with the ruffled shirt.
3. **Do a dual salon session** at home or at the salon with your mom. Get your hair and nails done and then do lunch.
4. **It's a man's job to pick the right corsage.** (Did you ask what color her dress is?). Dad's done this one before; he is your man for this job.
5. **Plan the photos together.** Will it be a professional or a family member or friend? Pre-prom photos: Who, when and where?
6. **Order the boutonniere for your date,** and get your mom or dad to go with you to pick it up. Try not to run into your date while he's getting your corsage!
7. **Tie it all together with the right accessories:** bag, scarf, just the right shoes. Maybe mom will lend you those special earrings. And guys don't forget to ask dad about cuff links.
8. **Budget; take planning.** (This can be a subtle way to ask for a little help, if needed). Ask mom and dad for some financial wisdom.
9. **Talk transportation.** Whose ride will you take? A cab? A limo? How about directions? Get input from mom and dad.
10. **If you're going out,** the folks can help you pick the best place for dinner. (If you think dad will suggest a drive thru, ask mom instead!)

Sharing prom prep can be the perfect way to connect with the parents. Shopping together, budgeting or just idea sharing about prom details can help your folks see how they've passed their values on to you. You're the responsible person they've raised, and you're planning to have the time of your life!

"The prom is supposed to be a totally cool night. It's about getting dressed to the max, going out to dinner and having fun with your friends. So why would I do anything that might ruin that night or my future plans? The way I see it, by not doing anything I'll regret, I'll have a much better time!"

Kayla 17, Manassas

"A friend thinks having sex could be the perfect ending to prom night. 'Wait,' I told her. 'What if you got pregnant?' The endings I want are a college education, a good job, a husband I know is the right one for me and children, when we are totally ready in every way to handle the responsibility."

—Alison 17, Roanoke

Prom night is **NOT** the new honeymoon

Anticipation surrounds the prom. Everybody is supposed to look their best. The atmosphere is supposed to be glamorous. And some people think it is a night you're supposed to have sex. But isn't there a better night reserved for that?

"Some guys think having sex on prom night is no big deal as long as you use a condom. But, hey we all know condoms are no guarantee. They don't always work. You can still get someone pregnant or get a sexually transmitted disease (an STD). No thanks. I'd rather not be worrying about that on my prom night. I'd rather be laughing and dancing with my date and friends. It's a night to celebrate. That's what it's about."

Dwayne, 18, Richmond

"I have some friends that came up with this plan to get hotel rooms for after prom as a big surprise for their dates. I wasn't sure about it, but after I talked to my parents I realized a plan like that did not respect my date. The night of prom I took my girlfriend to dinner, gave her a corsage and card. When we got to prom those other guys looked uptight and worried. My girlfriend and I were relaxed. We didn't get caught up in all that stress. Neither of us knows if this is "true love", and we are willing to wait."

Jamar 18, Norfolk