



CELEBRATE SAFER ON PROM NIGHT MAKE WISE CHOICES

You can have a fun night without using alcohol and substances. This information is to guide you and help you make wise choices. Remember it is illegal for individuals under 19 years of age to use and possess alcohol and cannabis. The safest way to celebrate is to avoid using alcohol and substances.

Above all
think about the consequences
before you act, and be safe!

Kids Help Phone
kidshelpphone.ca
Call: 1-800-668-6868 | Text: 686868

Canada's Guidance on Alcohol and Health, Public
Summary: Drinking Less Is Better
[ccsa.ca/canadas-guidance-alcohol-and-health-public-summary-drinking-less-better-infographic](https://www.ccsa.ca/canadas-guidance-alcohol-and-health-public-summary-drinking-less-better-infographic)

Canada's Lower-Risk Cannabis Use Guidelines
[camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf](https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf)

Follow the rules set by your school/prom committee. Think about the consequences of your actions, have fun, and make this a night to remember!

Make a plan, set limits, and stick to it. If you don't plan to use substances don't let your peers influence you.

Have a Party Partner, a friend that will: be around for the whole party, be responsible for each other, step in if something is happening that doesn't seem right, and make sure that you both get home safely.

Keep it fun, have some mocktails or non-alcoholic champagne, along with some water. If you are drinking, **keep track of your intake and drink slowly**, and for every alcoholic drink have one non-alcoholic drink.

Avoid using multiple substances. Mixing alcohol with cannabis, vapes, or other substances can increase your level of impairment, impact your decision making abilities, and increase your risk of harm.

Avoid combining substances if you are on any type medication.

A drug's legality does not mean that it is better or worse, they all change the way you think, behave, and act.

Know what's in your drink and substances. It's impossible to know what is in substances just by looking at them so be cautious and don't take something from someone you don't know.

Save a life, carry naloxone. If you or someone else is having a party make sure there is a naloxone kit on hand. Learn more at [wecoss.ca](https://www.wecoss.ca)

Consider your physical condition (your body weight, mood, health, amount of sleep you've had, and the amount of food in your stomach) as it plays a role in determining how substances will affect you, and know everyone responds to the same substances differently.

Make a plan to get home safely, don't drive or get in a car with someone who has been using substances. Call for a ride if you need one.

Alcohol and substance use affects your decision-making abilities. Be cautious of getting into sexual situations when you've been drinking. Alcohol and substance use may lead you into situations you might have avoided if you were sober.