TEEN TIPS: 5 REASONS NOT TO DRINK ON PROM NIGHT

Prom night is a once-in-a-lifetime occasion and alcohol prevention will help you to enjoy it to the fullest. You may think that everyone will be drinking on the prom night, and some might indeed do so. However, it does not mean that you have to. Prom night can be enjoyed without drinking alcohol, all you need to do is to get dressed and dance like there is no tomorrow with your date or friends.

To Remember the Special Night:
Alcohol can mess up your memory. The more you drink, the more are the chances of you forgetting how you spent your prom night. Your memories will be fuzzy and if you black out, you are more likely to not remember anything from the night except for the pre-prom picture you took with your date.

Do you want to spend the last chance of having pure carefree fun with your high school friends in a daze, just for alcohol – something you can drink occasionally all your adult life.

To Avoid Drunk Driving:
According to teenagers they expect that their friends will drink and will be more likely to drive themselves home rather than call their parents for a ride. Drunk driving increases the risk of road fatalities significantly and will mar the most special night of your life.

To Have a Fun Night:
Most teenagers drink alcohol on prom night thinking that it will make their prom experience more exciting and fun. However, this notion is far from the truth. Alcohol works as a stimulant and therefore intensifies the emotions that you are feeling. A drunk person will quickly get very angry or sad. So, after a few drinks, you may cry your guts out in the bathroom stall over small things that happened a long time ago or you may get into a fight with your friends over the most trivial things. Is this how you want to spend your prom? Let’s spare ourselves that horror and enjoy a healthy prom where you are conscious of the decisions you are making and have a check on your emotions.

To Avoid Making a Fool of Yourself:
While you can make a fool of yourself in a number of different ways without touching alcohol, getting wasted is the worst way possible. It not only tarnishes your reputation but also wreaks havoc on your health. You will feel dizzy and extremely hungover the next morning and that too would not be an enjoyable experience. Do you want to be that girl or boy who had to be carried out from prom night? So, stay away from alcohol and enjoy the prom.

To Keep Your Future Safe:
Drinking on prom night can affect your future deeply. Drunk driving can earn you a DUI charge just before you are all set to go to college, tarnishing your record. Intoxication can also impair your judgment, making you do things that you would go on to regret later.

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