

PARENTS & CAREGIVERS OF TEENS

It's spring and there are going to be many parties including prom night and graduation parties. Before your teen and their friends head out, talk with them about making safe and responsible decisions.

DISCUSS YOUR TEEN'S PLANS WITH THEM; IT MAY BE UNCOMFORTABLE BUT IT HAS TO BE DONE.



CONSIDER THESE POINTS TO HELP GUIDE YOUR TALK

- Setting a curfew.
- No after-parties in rented hotel rooms/homes.
- Discuss the importance of being reachable, that is keeping a cell phone turned on and charged.
- Discuss having a Party Partner. A friend that will: be around for the whole night, be mutually responsible for each other, step in if something is happening that does not seem right, and make sure that the other gets home safely.
- Plan transportation options and offer non-judgemental support to get home safely. Stress to your teens to never get into a car with a driver who has been using substances.
- Remind your teen to always keep an eye on their drink to make sure nothing is slipped into it.
- Discuss consent including knowing and respecting their own boundaries as well as the boundaries of others.

ARE YOU AN ADULT HOSTING THE PARTY? HERE ARE SOME FACTS FOR YOU.

- It's not the role of the police to monitor parties on behalf of parents.
- If an adult/ parent provides alcohol/drugs to those who are underage, they can be charged.

Commit; take the Parents' party pledge . . .

I promise you the unconditional option of calling me at any time for help or advice. That includes picking you up at any time of the day or night, with a promise not to shame or embarrass you in front of others. I always welcome the chance of being part of your smart and safe decisions.

You may feel like your teen is tuning you out but, the truth is, they are listening more than you think. In fact, parents have been shown to have an important influence when it comes to teens' use of alcohol and other drugs. Visit MADD's [Parent Action Pack](http://madd.ca/media/docs/parent-action-pack.pdf) (<http://madd.ca/media/docs/parent-action-pack.pdf>) for stats and info for your talk.

For more information visit the following websites:
[Sexual Assault Crisis Centre-Party Safe Tips](https://saccwindsor.net/party-safe/safe-partying-tips-1/)
[Prevnet.ca- Addressing Youth Dating Violence](https://youthdatingviolence.prevnet.ca/#:~:text=As%20Canada's%20Healthy%20Relationships%20Hub,and%20reduce%20youth%20dating%20violence.)

Thanking you in advance



timiskaminghu.com

PROTECT YOURSELF from Sexual Violence

TRUE OR FALSE?

1. Sexual violence means that someone forces or manipulates someone else into unwanted sexual activity without consent.	T	F
2. One in four girls and one in eight boys have been sexually abused by the time they are eighteen.	T	F
3. Male students have higher rates of physical and sexual violence than female students.	T	F
4. You can ALWAYS say no to a kiss, a touch, or whatever, even if you said yes before.	T	F
5. Lack of consent turns sexual contact into an act of sexual violence.	T	F
6. Once a consent is given it cannot be withdrawn.	T	F



TIPS on how to avoid Sexual Violence

Be respectful towards each other.

Draw the Line.
Set your boundaries and respect others boundaries.

NEVER feel obligated to do more with someone if you don't feel right or comfortable.

Don't use force, threats or violence in your relationships.

Get consent.
Only a sober 'yes' means yes.

If you feel uncomfortable exit the scene as quickly as possible.

Stand up for yourself, trust your instinct and get help when things don't feel right.

If you see someone else that appears to be at risk for sexual assault... intervene.

Let's work together and **STOP** sexual violence.

YOUTH SERVICES

For emergencies contact **911**

Support for Victims of Domestic Violence and Sexual Assault: Nipissing-Temiskaming

705-647-0096 or 705-568-2154

Pavilion Women's Centre
New Liskeard 705-672-2128
Kirkland Lake 705-567-1777

Timiskaming Health Unit Sexual Health
705-647-4305
New Liskeard Ext. 2251
Kirkland Lake Ext. 3270

Every choice we make and every action we take has the power to make a difference!

Answers to True and False questions:
1. True 2. True 3. False 4. True 5. True 6. False





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 Low-Risk Drinking Guidelines
camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf

Canada's Lower-Risk Cannabis Use Guidelines
camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf

*Adapted with permission from the
Sexual Assault Crisis Centre Safe Party Tips
<https://saccwindsor.net/party-safe/safe-partying-tips-1/>

Adapted with permission from Windsor-Essex County Health Unit

Follow the rules set by your school/prom committee. You have been planning and looking forward to this night for months, don't make decisions that you will regret and end your night before it even starts. 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.

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.



timiskaminghu.com

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.

Follow the rules set by your school/prom committee. You have been planning and looking forward to this night for months, don't make decisions that you will regret and end your night before it even starts. Think about the consequences of your actions, have fun, and make this a night to remember!

Make a plan and set a limit up front. Make a plan with your friends that everyone agrees on and try stay together during the night to take care of one another.

If you don't plan to use substance don't let your peers influence you. If you are using substance or drinking alcohol, know how many you are going to have and stick to it.

Keep track of your intake and pace yourself. You can keep it fun, have some mocktails or non-alcoholic champagne, along with some water. If you are drinking, keep track of how many you are having, drink slowly, and for every alcoholic drink have one non-alcoholic drink.

Eat something. Food slows the absorption of alcohol and other substance. Snacking will reduce your risk of getting too drunk.

Avoid using multiple substances at once. 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.

Cannabis Mixing cannabis with alcohol and other substances increases your impairment of judgment and also increases the risk of negative physical and psychological side-effects.

Vaping When drinking alcohol you might be more likely to engage in other risky behaviours like vaping. Remember vapes often contain nicotine an addictive substance.

Other substances Avoid combining substances if you are on 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. Keep an eye on your drink and know where the substance you plan to use came from. 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.

Consider your physical condition. Be sure to consider your body weight, mood, health, amount of sleep you've had, and the amount of food in your stomach. These all play a role in determining how substances will affect you, but understand everyone responds to the same substances differently.

Make a plan to get home safely. Have a plan and under no circumstance should you drive or get in a car with someone who has been using substances. Know who the designated driver is or call a parent, someone you trust, a cab or ride-share.

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 sexual situations you might have avoided if you were sober. Don't hassle your friends when they want to be sure you are safe and that you get home safely.

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 Low-Risk Drinking Guidelines camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf

Canada's Lower-Risk Cannabis Use Guidelines camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf

*Adapted with permission from the
Sexual Assault Crisis Centre Safe Party Tips
<https://saccwindsor.net/party-safe/safe-partying-tips-1/>



Adapted with permission from Windsor-Essex County Health Unit

timiskaminghu.com



PROM Pledge

I PROMise to...

- find a party partner to help keep me safe.
- stay with a group so we can take care of each other.
- have a plan in place to get home safely.
- keep my parents/caregivers informed of my whereabouts.
- make sure my phone is fully charged and with me in case of an emergency.
- set limits if consuming any alcohol or drugs.
- not accept any drinks from someone I don't know, and to never leave my drink unattended.
- step in if someone's safety is at risk.
- not allow someone who is under the influence of drugs/alcohol to get behind the wheel.
- call my parents/caregivers if I need a safe ride home.

Adapted with permission from Windsor-Essex County Health Unit

My PROMise is to...

PROM 2022

Adapted with permission from Windsor-Essex County Health Unit



Services de santé du
TIMISKAMING
Health Unit



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...



I PROMise...

