

# Navajo County Drug Project

## Navajo County Coalition Against Drug Abuse

A Coalition of Concerned Navajo County Residents Joined Together to:

- EDUCATE the Community on the substance abuse crisis
- REHABILITATE those who have fallen into the addiction
- ENFORCE laws pertaining to the spread of substance abuse in our communities



## Press Release

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Contact: Debe Campbell  
navajocountydrugproject@gmail.com

### Prom Night Tips for Parents

It's that time of year again. Thoughts turn to prom, graduation and other special occasions to mark the end of the school year. These wonderful memories will be with our kids for the rest of their lives... hopefully. Unfortunately, these festivities are all too often destroyed by teens using alcohol and other drugs. Every year there are heart-wrenching stories of kids who are hurt, or worse killed, as a result of a prom or graduation after-party. This year please talk with your teens about the dangers of mixing prescription drugs with alcohol. Kids are dying from this lethal combination and don't realize the risks and possible deadly consequences of their actions.

Navajo County Drug Project and The Partnership for a Drug-Free America, Arizona Affiliate, suggest the following prom night tips for every parent to read before the big night:

1. Be sure you know your child's complete itinerary for the evening, including whom they will be with and phone numbers where they can be contacted.
2. Discuss school prom rules regarding alcohol with your child and the consequences for violating these rules.
3. Determine a fair curfew that is based on your child's previous history of responsibility.
4. Take stock of all the alcohol and prescription drugs in your home.
5. Do not rent hotel rooms for the after-party.
6. Communicate with other parents and school officials to create a unified force against alcohol and drugs.

**The Navajo County Drug Project —Navajo County Coalition Against Drug Abuse**  
P.O. Box 1596, Pinetop, AZ 85935  
(928) 368-7519, (928) 358-1645 FAX

[navajocountydrugproject@gmail.com](mailto:navajocountydrugproject@gmail.com) [www.navajocountydrugproject.com](http://www.navajocountydrugproject.com)

*Mission Statement:*

To develop a diverse community representation, coordinate a sustained effort in educating and preventing the substance abuse through a plan for change in local social norms through prevention, treatment and vigorous enforcement of existing laws.

7. Know who is driving and ensure the driver will remain sober for the entire evening.
8. Establish a couple of mandatory call-in times such as right after prom, from the after-party location and on their way home.
9. Give your child the unconditional option of calling you at any time for help or advice, including picking them up if needed. Create a code word that your child can use to indicate that they need your assistance.
10. Talk to your child about the risks of alcohol and drug use. Kids who learn about the risks of drugs from their parents are up to half as likely to use drugs.

For more information, visit [www.navajocountydrugproject.com](http://www.navajocountydrugproject.com) or the Partnership's Affiliate website at [www.PartnerUpAz.org](http://www.PartnerUpAz.org).

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