

Respire.

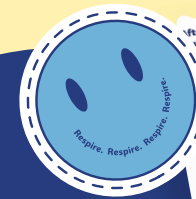
For professional

Ways to optimize use of the tool: *After-prom party: you have the last word!*

The prom and the after-prom party are unique moments to celebrate the end of high school and all the efforts made. While some teens may be in the mood to party, others may feel pressure to use alcohol or drugs, or to have sex.

The “*After-prom party: You Have the Last Word*” tool is aimed at **Secondary 5 students**. It is designed to support them so that they can make the most of their after-prom party safely and with respect for their own limits and those of other people.

Download
the tool here!



The goals of the tool, from the perspective of pleasure and choice, are:

- To allow young people to reflect on their choices and the course of their after-prom activities.
- To reduce the harm associated with their use of psychoactive substances.
- To prevent sexually transmitted and blood-borne infections (STBBIs) and unwanted pregnancies.
- To promote the healthy use of screens at parties.
- To encourage safe travel.

Distributing a tool is good.

*When it is integrated
into a broader approach,
it's better!*



When to distribute or use the tool

Take advantage of opportunities by adding distribution/use of the tool to activities that already exist, such as:

- Psychoactive substance use workshops.
- Sex education workshops.
- Healthy screen use workshops.
- Class visits to talk about the after-prom party.
- Lunch and learn meetings about the after-prom party, sex, psychoactive substance use or healthy screen use.
- Meetings with the nurse or social worker.
- Other occasions when the opportunity presents itself.



How to use the tool

- Adopt an open-minded attitude.
- Talk with the teens about what they expect from their after-prom party
- Remember that teens have:
 - Different substance use profiles (e.g. non-user, explorer, occasional).
 - Different sexual experiences, and that many are not sexually active.

Emphasize:

- The importance of making their own choices
- To go to the after-prom party or not, use drugs or alcohol or not, have sexual relations or not. All the choices are sound when their own and others' limits are respected.
- Pleasure and harm reduction. You can have fun without using drugs or alcohol. If you do use, there are tips on how to limit negative effects. You can add the following to the tool's messages:
 - Do not drink or use drugs alone.
 - Avoid consuming them all at the same time.
 - Use a little bit at a time.
 - Avoid mixing them.
 - Don't hesitate to ask for help if you or one of your friends seems to be feeling sick after consuming something, whatever it is.

For information on the main signs of severe intoxication and overdose, see [Problems associated with alcohol consumption and drug use | Gouvernement du Québec \(quebec.ca\)](#)

Think about giving out condoms along with the tool!

Give them out again shortly before the prom and after-prom party.



How to involve the teens

The students on the prom committee are already engaged. Why not involve them in distributing the tool? For example, they can give them out during class visits to talk about the prom. And even facilitate the discussion around the tool together if the professional and the teens feel comfortable.

Are other young people involved in your community? Approach them to see if they can help in the distribution.

How to facilitate a discussion around the tool

After distributing the tool, you can read it together as a group or give the teens time to read it themselves and then open the discussion with the following questions:

- What do you expect from your prom and your after-prom party? What does it represent for you?
- What do you remember from the tool?
- Are there messages that surprised you? Why?
- What would you like to apply to your after-prom party?

To find out more about the topics covered, see

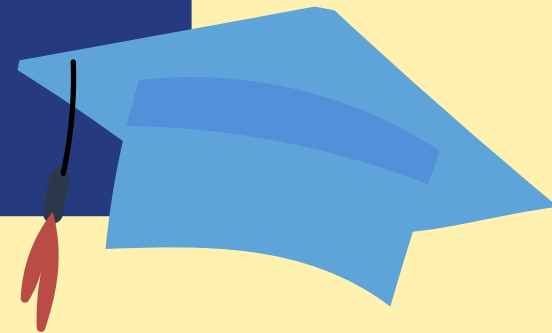
[En mode ado \(In Teen Mode\)](#)

[Toolkit](#)

<https://pausetonecran.com/> (in French only)

Where is help available?

- Tel-jeunes: 1 800 263-2266
- Kids Help Phone: 1 800 668-6868
- Drugs: Help and Referral: 1 800 265-2626
- Info-Social : 811, option 2
- www.itss.gouv.qc.ca/accueil_en.html
- needhelpnow.ca/en/



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Respire.

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