

After-prom party: you have the last word!

It's YOUR after-prom party! Here are some ideas to make the most of it while respecting your choices, your limits, and those of others.

**Your choices
are sound!**

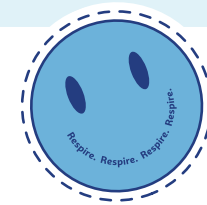
Drugs or alcohol: should you use them? How to have more fun!

- You don't need to use alcohol or drugs to enjoy an evening!
- If you choose to use:

Think about preparing in advance what you plan to use. You can't be sure of what you are buying from someone you don't know.

Avoid mixing them. Space your use out over the evening; drink water and eat.

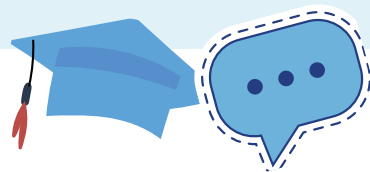
Listen to your body. If you experience unwanted effects, tell a friend, and don't consume any more.





Prevention and consent are sexy!

- Bring condoms: that's the best way to prevent STBIs and unwanted pregnancy.
- Without a clear and enthusiastic yes, it's a no. *Psst!... it's okay to change your mind.*



A memorable evening?

Before posting or sharing, ask yourself:

- If it was me, would I be happy to see it?
- Does everyone agree?
- Is what is shown legal (e.g. drinking or drug use)?

If you're not sure the answer is yes, wait until tomorrow! Sharing things online leaves traces...

End the evening in style!



- Tell your family or a trusted person where you are going.
- Plan your return: a designated driver, taxi, public transit, trusted adult...
- The designated driver is not the person who used the least alcohol or drugs. It's the one who did NOT drink a drop or take any drugs.

Need help?

- 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

Adapted from bestbro.ca

In collaboration with the CISSS des Laurentides and educational and community partners