



## Promoting Health and Wellness in our Community

May 2, 2022

*Once again, Prom season is upon us as Junior and Senior classes prepare for their upcoming dances.*

Behind the scenes, over the last several months, PTG groups and school officials across the island have worked tirelessly to plan Post Prom events with the hope of reducing student access to alcohol. The Middletown Prevention Coalition asks that we as parents also do our part in limiting the risk through access and expectations during this period of heightened use.

As with most parenting issues, communication is key. Data from Mothers Against Drunk Driving (MADD) shows that talking works. Teens with parents that set clear rules that alcohol is unacceptable are 80% less likely to drink than teens whose parents have a more casual attitude. Talk with your teen. Discuss the risks involved, set clear expectations, and have an understanding of what their plans are, including established curfews and check-in times.

Parents also need to pay attention to access. Studies show that 52 percent of 13-20 year-olds reported they get alcohol from their parents or their friends' parents. Take steps to secure your own alcohol.

If we share our concerns, show our children that we care, and explain the risks involved like drunk driving, poor decision making and other dangers of underage drinking, they have a better foundation for making healthy choices.

I have had two children now go through prom season, with another on the way. It is a tradition that brings joy and leaves us with indelible memories of our kids. With good communication, we can make sure those memories are not marred by a bad experience.

I would like to offer a special, personal thank you to the newly formed Middletown High School PTG for their work both in making the last year's Post Prom events such fun and working hard on this year's party.

Thank you,  
Jake Cathers

Parent representative  
Middletown Prevention Coalition