



# Frenchtown Community Coalition

Working to create a healthy, engaged, and unified community for the youth of Frenchtown

## Make Prom a Night to Remember

Prom is one of the most anticipated nights of the year. It is a time for students to celebrate, connect with friends, and mark an important milestone. This year, the Frenchtown Community Coalition wants to help ensure that these moments are remembered for the right reasons. When students feel supported and have access to safe opportunities, they are more likely to have a positive experience from beginning to end.

The FCC had the opportunity to collaborate with the prom planning committee to extend the celebration beyond the dance itself. **All students who purchase a prom ticket will receive a voucher to Big Dipper for ice cream. In addition, the FCC will be covering the cost of bowling from 10:00—12:00 PM.** These opportunities are designed to give students a place to go after the dance where they can continue spending time with friends in a safe and welcoming environment. Prom does not have to end when the music stops, and providing structured, enjoyable options can help reduce the likelihood of risky situations later in the evening.

At the same time, prom season can come with increased exposure to alcohol. It is important to understand how alcohol affects the developing brain. Alcohol slows down communication between brain cells, which directly impacts judgment, coordination, and the ability to think through consequences. The part of the brain responsible for decision-making is still developing during adolescence, which means the effects of alcohol can be even more pronounced for teens. In real-world situations, this can lead to impaired driving, unsafe environments, or decisions that may not reflect a student's true values.

Because of this, conversations between parents and teens matter. Research consistently shows that young people are less likely to engage in underage drinking when they have clear expectations and feel comfortable talking with a trusted adult. These conversations do not need to be long or formal. What matters most is that they are ongoing and grounded in trust.

SAMHSA's *Talk. They Hear You.* campaign ([www.samhsa.gov/substance-use/prevention/talk-they-hear-you](http://www.samhsa.gov/substance-use/prevention/talk-they-hear-you)) emphasizes that small, everyday conversations can have a lasting impact. One of the key messages is that parents often have more influence than they realize. Teens are paying attention, even when it may not seem like it. The campaign encourages starting conversations early, keeping them age-appropriate, and building on them over time. Instead of focusing only on consequences, it can be helpful to ask open-ended questions and listen to how teens are thinking about situations they may face. This approach helps young people feel respected and more willing to share honestly.

Another important idea from *Talk. They Hear You.* is preparation. Teens benefit from thinking through situations before they happen. For example, asking how they might respond if they are offered alcohol or what they would do if a ride home becomes unsafe can help them feel more confident in the moment. Parents can also reinforce that their teen can always reach out for help. (A CODEWORD is a great tool for this—establish a word or phrase between you and your teen that tells you, "I need you to come get me, no questions asked right now.") Knowing there is a safe way out of an uncomfortable situation can make a significant difference.

Prom night should be a celebration remembered for the right reasons. By combining safe community events with supportive conversations at home, we can create an environment where students feel both excited and prepared. FCC is proud to support our students by providing opportunities that keep the night fun while also promoting safety.

We encourage families to take a few moments before prom to check in, talk openly, and make a plan. With shared effort from students, parents, and the community, prom can be a night that reflects the best of Frenchtown.

Find us on Facebook to get up-to-date info on Fall Fest, including costume contest categories!  
[@FrenchtownCommunityCoalition](https://www.facebook.com/FrenchtownCommunityCoalition)



If you have questions or would like to join the Frenchtown Community Coalition Please contact [FTCC@ftsd.org](mailto:FTCC@ftsd.org) or call 406-626-2772

