

YOVASO Prom Activities Guide



Prom is supposed to be one of the best experiences of high school. Unfortunately, a car crash on prom night could ruin everything in an instant! Please use this guide to help you and your club keep prom the *safe* and special night that it is!

Don't let this be your last dance!

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Please contact YOVASO Headquarters at

(540) 345-0003

If you have additional questions, or need any other resources.

Or visit our website at www.yovaso.net.

Prom Pledge

Materials Needed:

- A banner
- Markers
- Small pieces of paper
- Students
- Table

Setting Needed:

- You will need to have a place in the school to hang the banner and to place a table for students to sign the pledge cards.

Project Description:

- *A pledge is designed so students can promise to drive safe and responsibly throughout the year, and especially during the prom season. (As with any project the pledge can be set up a number of different ways.)*
 - Start by announcing the pledge over the school announcements to let everyone know what you are doing. Make sure to explain what the students will be promising when they are signing the pledge.
 - Hang the banner with the pledge on it in a place where most students will pass by and have students sign it.
 - During lunches (or anytime that is approved by administration) have a table set up under the banner with small pieces of paper for students who sign the pledge to write their names on. These names can then be put into a raffle for prizes!
 - At the end of the week on the announcements, read the names of the winners and remind students of their pledge to drive safe and responsibly during prom and for the rest of the year.

Limo Ride

Materials Needed:

- A limousine
- Paper
- Volunteers

Setting Needed:

- For the contest you might want to set up a table during lunches.

Project Description:

- *A contest for a free limousine for prom will be held. All students who pledge not to drink and drive and to always wear a seatbelt will be entered into the contest.*
 - Ask permission from administration to hold the contest.
 - Call local limousine companies and tell them about your club, and ask if they would be willing to donate one round trip limousine ride for your school's prom night.
 - Advertise the contest a week before prom, and draw the winner on Friday.
 - Announce the winner on the announcements Friday during school, and make sure to explain the pledge with the person chosen.
 - Be sure to thank the limousine company for participating.

Mocktail Bar

Materials Needed:

- Plastic champagne glasses
- Mocktail ingredients

Setting Needed:

- Use a table and set up a mock bar at prom or after prom

Project Description:

- *Set up a table at prom and serve mocktails. This will provide students with fun refreshments and offer a place to promote traffic safety.*
 - First, ask permission from administration and whoever is in charge of planning prom and/or after prom.
 - Buy or seek donations of plastic champagne glasses and the other ingredients for the mocktails.
 - Make table tents with safety messages about prom to be placed on the mock bar.
 - You may also want to make labels with safety statistics on them to be placed on the actual cup.
 - Set up a bar at prom and have one person in charge of monitoring the table (if your club decides the table must be monitored at all times, ask an underclassman not planning to attend prom or an adult chaperone to supervise).
 - Thank any merchants that donated items by sending a thank you note.

Mocktail recipes are listed on the next page.

Mocktail Recipes

Cranberry Sparkler-

Ingredients:

Crushed ice
1 part cranberry juice
1 part fresh lemon juice
1 part soda water
Slice of lemon, to garnish

Directions:

Fill a highball glass with crushed ice and pour the cranberry and lemon juices and soda water over it. Stir gently. Garnish with a slice of lemon.

Fun-Gria-

Ingredients:

Lemon juice and caster sugar (granulated sugar used for margaritas), for frosting
Ice cubes
1 part fresh orange juice
1 part red grape juice
Generous squeeze of lemon juice
Orange zest
Slice of lemon, to garnish

Directions:

Rub the rim of a large wine glass with lemon juice then drop it into a saucer of caster sugar to frost the rim. Place four ice cubes in a shaker, add the orange and grape juices and the lemon juice. Shake well and strain into the frosted glass. Add a sprinkling of orange zest and garnish with a slice of lemon.

Shirley Temple-

Ingredients:

Ice cubes
2 dashes of grenadine
Ginger ale
Slice of orange and maraschino cherry, to garnish

Directions:

Fill a tall glass with ice cubes, splash in the grenadine, then top up with ginger ale. Garnish with a slice of orange and a cherry. If you find it too sweet, stir in a squeeze of fresh lime juice too.

Fizzy Lemonade-

Ingredients:

Juice of 1 large lemon
2 tsp. caster sugar (granulated sugar used for margaritas)
Soda water
Ice cubes
Slice of lemon, to garnish

Directions:

Pour the lemon juice into a tall glass, add the sugar and stir until it has dissolved. Top up with soda water and add a few ice cubes, stir gently and garnish with a slice of lemon before serving.

Nada Colada-

Ingredients:

Pina colada mix

Ice cubes

Directions:

Blend pina colada mix and ice cubes together in a blender.

Strawberry Daiquiri-

Ingredients:

Strawberry daiquiri mix

Ice cubes

Slices of strawberries, to garnish

Directions:

Mix strawberry daiquiri mix and ice cubes in a blender. Garnish with slices of strawberries.

Contact YOVASO Headquarters for more mocktail recipes!



Fashion Show

Materials Needed:

- Models
- Stage props/decorations
- Music
- An M.C. (master of ceremonies)

Setting Needed:

- Use your school's gym or auditorium

Project Description:

- *Your club will put on a prom fashion show to raise money for your club and to promote traffic safety at prom.*
 - Ask permission from the administration.
 - Plan the date, time, and place months in advance.
 - Reserve the place you plan to have the event months ahead of the actual event.
 - Ask members of your club to volunteer to model their prom attire (when finding volunteers think about how much time you may need to allot each model on stage).
 - Make sure that every model has a tuxedo, suit, or dress to wear (local prom attire stores may be interested in having the models wear their dresses and tuxedos for the show).
 - Decide who will be in your audience.
 - Start advertising the show weeks in advance.
 - Decide on a ticket price and plan what you will do to better traffic safety efforts with your sales.
 - Assign one person to be in charge of music for the show.

(Continued)

- As a club, choose an outgoing person to be the M.C.
- Begin rehearsing a few weeks before the event.
- Ask rental centers to donate decorations or make them as a club.
- The afternoon of, or before the event, have members of the club stay after school to prepare.
- Assign a person to collect tickets and money.
- During the show, have a member of the club explain to the audience the purpose of your club and the importance of safe driving during prom season.
- Remember to send thank you letters to everyone who donated to the event.

Free Prom Pictures

Materials Needed:

- Paper
- Cooperation from prom picture company

Setting Needed:

- Announce the contest winners at prom

Project Description:

- *This contest can be a good way to reward the members of your traffic safety organization for their dedication.*
 - Ask permission from your administration.
 - Contact the picture company for your school and explain what you would like them to do.
 - Follow-up with another phone call and a letter.
 - Enter all active members of your club into a drawing.
 - During prom, draw the name of the winner and explain why they are receiving free prom pictures.
 - Thank the picture company by having all the members of the club sign a card.

"Don't let this be You" Pictures

Materials Needed:

- Pictures of car crashes
- Tape

Setting Needed:

- You will put the pictures on the entrance doors at the prom location.

Project Description:

- *The pictures of crashed cars will serve as a gruesome reminder to prom goers that car crashes are very serious and will remind them to make safe driving decisions.*
 - Ask permission from your administration.
 - Notify the person in charge of prom decorations about your project.
 - Find pictures of crashed cars and, if needed, blow them up (search the internet, traffic safety websites, or contact YOVASO Headquarters).
 - Have members of the club go to the prom location the day of prom to hang up the pictures.
 - If possible, provide the prom attendees with an explanation.

Other Awareness Activities

- **Letters to students:** Remind students the importance of driving safely and responsibly through the prom season. You may want to hand out the letter while selling tickets for prom, or insert the letter into the prom gift that the students will receive.
- **Skeleton display:** Borrow a skeleton from the science department or purchase one through an educational catalog. Dress the skeleton in a prom dress or tux for prom season, cap and gown for graduation, or current fashion for other celebrations. Display the skeleton in the lobby of the school with a sign that has an appropriate message for your event, such as “Not the Look You Want for Prom? Please Buckle Up and Don’t Drink and Drive.”
- **Announcements:** Students from your club could make announcements before and after school stressing the importance of driving smart, safe, and sober during prom.
- **School marquee:** List a safety message reminding the students, staff, and community that prom is just around the corner, and encourage everyone to buckle up!
- **Only Dummies Drive Drunk:** Hand out “Dum Dum” lollipops at school imprinted with the message: “Only Dummies Drive Drunk.” Messages can be typed on the computer and run off on mailing labels. Have students dress up in the Vince and Larry Crash Dummy Costumes (if available) to distribute the candy.
- **Ghost Out Day:** A group of students are selected to be “ghosts” or representatives of teens killed in alcohol-related crashes. These students do not speak throughout the school day and are dressed in black t-shirts imprinted with the words “DUI” on the front and “Killed Me” on the back. Their faces are painted white to simulate a “ghost.” Announcements & statistics related to impaired driving are made throughout the day. Posters with facts about impaired driving are displayed throughout the school. (Purchase inexpensive black t-shirts and use white fabric paint for the t-shirt

imprint or borrow YOVASO's Ghost Out t-shirts.) Wording on the t-shirts can be changed for seat belt or other safety promotion. (Grim Reaper costume may be borrowed from YOVASO)

- ***Grim Reaper Day:*** A student dressed as the Grim Reaper “silences” a student every 40 minutes as a representation of how often a drunk driver kills someone in the U.S. The students selected must stay silent the remainder of the school day and their faces are painted white. Each time a student is “silenced” his/her name is announced over the P.A. to emphasize the frequency of how often a drunk driver kills. (Grim Reaper costume may be borrowed from YOVASO)