



## **Boys Town's Prom Survival Tips for Parents**

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OMAHA, Neb. - Boys Town releases advice for parents about managing the over-the-top prom season. The national child care organization, started over 95 years ago, offers these tips to help parents make the right choice for their family.

1. The bigger the production prom becomes, the more pressure kids feel about the evening. That can lead to disappointment for everyone. Parents can help minimize this by asking lots of questions to they know what their kids are thinking/planning and then coordinating with other parents, too. As a parent, don't be afraid to put the brakes on anything you think is too expensive or over-the-top.
2. Prom is a time to enjoy friends and make great memories. A good way to start your discussion about prom is to ask, "What do you want to remember?" Prom should be about social relationships, not social status.
3. When it comes to prom dress code, parents should call the school and ask what the expectations are long before buying a dress. Look for a dress that is comfortable and allows your daughter to sit, stand, get in and out of a car, and dance. If it's so tight, short, or low-cut that she can't do any of those things it's not the right dress.
4. Set a spending limit and discuss the limit in advance. Clothing, dinner, and tickets can add up. You need to discuss who is footing the bill and how much should be spent.
5. Emphasize safety first. This helps kids make memories, not regrets. Teens sometimes engage in risky behaviors on prom night. It is important to set clear expectations and go into the evening with a game plan, and of course emphasize to your teens that they can call you at any point if they feel unsafe.

"If your child throws tantrums or makes demands that will blow prom way out of proportion, or insists on doing anything that violates your family's rules or is dangerous, remember--if they can't

have a reasonable response or accept “No” for an answer in a conversation about going to prom, then your child probably doesn’t have the skills or the maturity to attend prom in the first place,” says Laura Buddenberg, Boys Town parent trainer.

You can find more information at [www.boystown.org/prom](http://www.boystown.org/prom).

### **About Boys Town**

Nationally, Boys Town has been a beacon of hope for America’s children and families through its life-changing youth care and health care programs for more than 90 years. In 2011, Boys Town’s Integrated Continuum of youth care and health care programs impacted more than 500,000 children and families across America. This includes those who received services from Boys Town’s residential programs as well as those served by the many varied programs that comprise the Boys Town Integrated Continuum of Child and Family Services, including In-Home Family Services, health care services provided by Boys Town National Research Hospital and the Boys Town National Hotline.

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