



Celebrate Smart.

Prom and graduation are a time to celebrate—you've earned it. As you close one chapter of your life and start the next, you deserve to mark your accomplishments by having fun. You should also treat yourself and your friends safely, and with respect.

1/3 of youth drunk driving fatalities happen this time of year. Those aren't just statistics—they're people who had bright futures ahead of them. **You can choose to celebrate without alcohol.**

Our community is working to ensure that you have a safe celebration. There are also things that you can do to stay safe:



Never drive drunk or get into a car when someone's been drinking.



Share your location with someone you trust.



Think about your choices ahead of time, know the signs of too much alcohol use and how to help a friend in need. **Call 911** in an emergency.



Text for a ride if you don't feel safe. Come up with a code phrase to signal you want to be picked up right away.



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SEE REVERSE FOR IMPORTANT RESOURCES ▶

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Resources every Teen should have:

If you or someone you care about ever need help, here are community resources.

IN AN EMERGENCY, CALL 911.

Suicide Hotline

Dial 9-8-8

Mental Health Crisis Line

Crisis Text Line – Text “VT” to 741741 and a trained crisis counselor will respond within 5 minutes.

VT Helplink

Call 802-565-LINK (5465) or visit [VTHelplink.org](https://vthelplink.org) for free and confidential alcohol and drug support and referral services if you or someone you know needs help.

Sexual Violence Hotline

1-800-489-7273

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Get help now:



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[Insert your logo/text here]

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