

PROM

Guide





A Prom Prep Checklist

If you're attending prom, you know there's more to the big night than simply showing up. Prom is great practice for "adulthood" because of all the preparation involved.

By the time your prom comes around, you will have built (and hopefully stuck to) a budget. You also will have planned your transportation, wardrobe and dinner reservations.

Phew! Use this checklist to make sure you don't miss any details as you prep for your special night.

Dress: This should go without reminding, but don't forget to give yourself plenty of time to select, try on and alter your dress ahead of prom date. Local boutique shops need ample time to get your order right, especially with the rush of new dress orders coming through their doors. Work with your local professionals to

make sure your dress is one of the first things checked off your list.

Shoes and embellishments: Once you have your dress nailed down, it's time to start accessorizing. What shoes will you wear with your outfit? Should you match the color of your dress or go for a bold fashion statement with dramatically different kicks? Choose embellishments that complement your dress and shoes. It's OK if they are different colors — as long as you tie them in cohesively with other features of your outfit.

Here are some other things that belong on your prom 2018 checklist:

- Makeup and jewelry
- Hair appointment
- Nails and accessories
- Prom tickets and dinner plans
- Limo or other transportation
- Boutonniere for your date
- Ideas for photos
- After-prom outfit change
- Cash for after-prom activities
- Lip gloss and mints
- Phone for selfies
- Compact mirror

Great Prom on a Budget

Prom is pricey. How expensive could it really be? The answer might surprise you.

According to Yahoo Style's 2017 Prom Across America Survey, teens are averaging more than \$600 on prom-related expenses.

This does not mean that you and your family have to spend this much. While it is easy to let spending get out of control for special events, they hardly ever need to be as expensive as people allow them to be.

Here are just a few ways you can save major bucks and still have a great time.

RENT YOUR WARDROBE

While guys may be used to renting a suit, most ladies are still very much used to purchasing their gown. While buying a dress is still a valid option — especially if you can find one on sale — it is easier than ever for girls to rent designer gowns at a fraction of the cost it would be to purchase one.

Websites like Rent the Runway mean that you can not only save money, but most likely end up with a gown “more expensive” than you could ever hope to afford on your own.

SHOP YOUR CLOSET

Before you go out on a shopping spree, take a hard



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look at your own closet. Everyone likes to buy something new for a new event, but that doesn't mean your whole look has to be right out of a shop window.

Odds are you have a pair of shoes or a necklace that will match perfectly with your dress.

LEARN A TRADE

The internet has made it possible for anyone to learn anything quickly if they have patience and a little ingenuity. Items such as corsages are very easy to make and can save you major bucks.

Take a Saturday afternoon and watch several tutorials

and then hit up a craft store. Using flowers from your local grocery store will also help you save. Just be sure to practice a few times before the big weekend. Who knows, you may be so good at it that you have classmates asking you to make theirs and you could actually make some money.

FOREGO THE LIMO

The limousine is not necessary. Prom is all about the memories you make with friends.

Don't you think your beaten down car with faded paint and a weird smell will make for a better memory and a better story?

Men's Formal Wear Guide

Read on for some simple ways to impress your date and steal the show.

THE STYLE

Unless your prom has a strict dress code, you have several options at your disposal:

- **Tuxedo:** This is your most formal option.
- **Suit:** You have a two-piece (pants and jacket) and a three-piece (pants, vest and jacket) option at your disposal.
- **Blazer:** A blazer is a dinner jacket. This is a great way to dress up a pair of jeans.

THE CUT

The cut refers to how the suit will fit your body. Think: Skinny, slim or athletic. Whether you are renting, buying or borrowing, it is important to know what looks best on your frame.

But what does a good a fit actually look like?

- **The shoulder.** A well-fitted shoulder lies flat. The upper seam should be the length of your shoulder, and the sleeve should begin at the top of your arm. The shoulder of a suit jacket should follow the lines of your body exactly.

- **The seat.** The “rear” of your pants should smoothly drape over your backside.

- **The break.** This refers to the small wrinkle that's caused when your trouser leg hits the top of your shoe. A small wrinkle is fine. If your trouser leg can fall completely without hitting your shoe, your pants are too short. But you don't want them bunching up either.

Attention fellas! It's time to get dapper. Prom means looking your best for you and your date. While formalwear might seem like a foreign language, there is nothing to fear about looking your best on prom night.



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THE COLOR

The color of your suit is a great way to show off your personality.

- **Black.** Very James Bond. Black will never go out of style, and will always make you look your best.

- **Gray or navy.** Classic choices, but slightly different. These choices are very suave when accessorized well.

- **Something unique.** Choose a pattern, or go vintage with white or baby blue. This is for the bold and untraditional.

Dress Trends

It is never too early to begin hunting for your perfect prom dress.

There are so many beautiful gowns to choose from. While the two most important aspects are to wear what you feel comfortable in and what you can afford, we all like to feel stylish and on trend.

Modern prom dresses are a mix of old glamour with off-the-runway, high-fashion details. Here are just a few trends to look out for this prom season.

VELVET

Velvet was the go-to material to wear in the late 1980s and it is making a striking comeback in much more flattering cuts.

Velvet is a wonderful fabric; it hugs curves, shimmers under the light, and is soft to the touch. When choosing velvet, remember that color is key.

You want to choose a color that velvet will enhance — colors like navy blue, emerald green and gold are popular options.

SOFT HUES

Bold colors make a statement but pastel colors lend a dreamy romance to prom. Colors such as blush, ice blue and lilac allow you to stand out from the sea of

ever-popular reds and blacks, and pair well with glittery details like Swarovski crystals and silver and white lace.

Keep your look soft and glamorous with nude heels, make-up that leaves you looking sun-kissed, and loose tousled hair.

DRAMATIC BACKS

Take the plunge and choose a dress that will really make a statement — from behind.

Gowns with sheer lacy backs, keyholes, and deep plunges are hitting the red carpets with gusto for a reason: They are timeless and classy but still offer a definitive “wow” statement.

CUT OUTS

Along with showing off your fantastic back, current prom dresses are all about unexpected cutouts and strappy details. These details enhance many silhouettes but also provide unique structuring.

TWO PIECE

Don't think bikinis and belly buttons. These two-piece dresses are nothing but classy.

They also come in an array of styles — from form-fitting to ball gown skirts. Bonus? Two-piece dresses can often be repurposed after the dance. Pair the glittery top with a pair of jeans and a jacket for a dinner out with the girls.

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Mastering the Promposal

Asking someone to prom is a big deal. Why not do it up big? Many teenagers in the past decade have asked this very question, giving way to the modern “promposal.”

If you are unfamiliar, a promposal is much more than asking someone to prom. It is about how you ask them.

After all, a big night deserves a big gesture.

BE AUTHENTIC

While scouring the internet for great ideas and asking friends their opinions are a great place to start, don't choose or be peer-pressured into a gesture that is out of your comfort zone.

We all worry about looking cheesy, but if it doesn't feel natural it will definitely come off that way. Even if cheesy is your goal, that should look and feel true to your personality.

Don't forget to keep the person you intend to ask in mind. Promposals are about getting that “yes” and leaving an impression. Nothing leaves a bigger impression than a gesture that says, “I know you.”

DON'T BREAK THE BANK

Given their grand nature, promposals can easily be over the top. But they don't need to be out of your budget. Sticking to a budget not only keeps your stress at bay, but forces you to be creative.

Think about how much money you can and want to spend, and don't allow yourself to go over that number. Remember, prom can be an



expensive event, and you don't want to blow your savings just in the asking.

BUCK TRADITION

It is 2018, ladies, so nothing

says you have to wait around for the guys to ask. If there is someone you want to go to prom with — ask! There's no reason for you not to join in on the promposal fun.

FILM IT

No matter what your plan is — big or small — ask a friend or family member to take photos or video.

Cameras on smartphones

are of great quality and will do the trick. If all goes well, it will be a great memento of the experience and something you can share with friends and family later.

Get in the Prom Spirit

Limousines, teens in tuxedos, the girl next door finally kissing her crush — everyone knows movies and television hype prom into an unrealistic fantasy.

But that doesn't mean they aren't fun to watch anyway.

Twenty years ago, the teen movie solidly took its place in the box office and production companies went to the bank with the prom story.

In the months leading up to prom, get your best friends together for a vintage movie night to remember. Here are just three films released in 1999 alone to put you and your besties in the prom spirit.

TEN THINGS I HATE ABOUT YOU

Julia Stiles, Heath Ledger and Joseph Gordon Levitt come together in this modern take on Shakespeare's "The Taming of the Shrew." Kat Stratford is smart, funny and beautiful but puts off all the guys. This is bad news for her younger sister Bianca, who is dying to go to prom, but isn't allowed to date until her sister does.

This debacle sets off a string of events to get Kat to prom. The big question is: Will she fall for the charming Patrick?

SHE'S ALL THAT

In this modern adaptation of



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George Bernard Shaw's play, "Pygmalion," Zach (Freddie Prinze, Jr.) makes a bet with his best friend that he can turn any random girl, including nerdy Laney Boggs (Rachel Leigh Cook), into prom queen.

This after he's dumped by his

extremely popular, narcissistic girlfriend (Jodi Lyn O'Keefe) and his own popularity declines.

NEVER BEEN KISSED

Josie Geller (Drew Barrymore) had a horrible high

school experience, which is only enhanced by awful memories of prom. She is set to face her past years later when, as a budding journalist for a Chicago newspaper, she must return to high school undercover.

This time around, however, she is asked to prom by the most popular guy in school. She soon finds the popular clique isn't all it's cracked up to be and saves her new best friend from having her own marring prom memories.

Prom Safety 101

This is it. This is the year you finally get to attend prom. Of course you are excited. Prom is one of the highlights of high school.

As you plan for the big night, be sure to make smart decisions to keep your night safe and healthy.

TAKE CARE OF YOUR BODY

This means getting in shape slowly and in the right way, and taking care of your skin. It is never a good idea to adopt an extreme exercise routine or vastly reduce your diet to lose weight.

Be sure to eat plenty of fruits and vegetables, lighten up on the junk food and drink plenty of water. Choose fun ways to stay active and getting in shape for prom won't feel like work.

Also, be nice to your skin. Tanning beds are always a bad idea. Wear sunscreen with an SPF of at least 30 when staying outside. The last thing you want is to be sunburned on prom night.

TRAVEL SAFELY

According to the Centers for Disease Control and Prevention, teen drivers are four times more likely to crash than older drivers.

In fact, motor vehicle accidents are the leading cause of death for teens globally between the ages of 10 and 19 years old. Always wear your seat belt and never get into a car when the driver has been drinking.

KEEP A WATCHFUL EYE

Prom isn't just about watching out for yourself. Just because you intend to make smart decisions does not guarantee that you won't find yourself in a



dangerous or threatening position. Say no if you feel pressured to drink, use drugs, smoke or have sex on prom night.

And be there for others. Stop a class-

mate from driving a car if they have decided to drink, and get help for a friend who may be at risk for sexual or emotional abuse. Be aware of your surroundings, and go places with a

buddy.

You want prom to be a night to remember for all the good reasons. Staying vigilant of your surroundings will help make this happen.