

# Prom Guide



# Plans for After Prom

While the prom may be considered the school year's main event, the celebration should continue once the dance is over. However, planning a safe and fun after prom requires strategic planning in advance.

Whether you're on the planning committee or are a parent involved in the gathering, you should be prepared to provide the student body with a night to remember. A practical solution to gauge the interest in activities to include is by taking a survey. Create a list of potential locations for students to visit after the prom event.

It's a good idea to reach out to local businesses first and ask if your school can rent the space for the evening. Use your data from the survey to determine the most popular options and begin obtaining reservations. An ironclad schedule is an advantage when keeping attendees safe and as a unit.



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## RECRUIT VOLUNTEERS

Adult supervision will be crucial to throwing an after-party that's secure for teenagers. Consider asking parents if they can commit to acting as volunteers for the duration of the prom event. This may include providing rides to students and stationing at differ-

ent facilities if the afterparty is held in multiple locations. It's also beneficial to ask local law enforcement if they can spare a deputy or officer for additional security.

## CREATE SCHEDULE

Ensure the attendees have a firm grasp on the event's

schedule. Try to create a pamphlet with the night's itinerary clearly stated. This strategy allows students to decide how to get themselves and their dates to the afterparty without rushing.

Make sure to give them time after the dance to change or grab a bite to eat before the

follow-up party begins.

You should also be strict on encouraging participants to RSVP if they intend to show up to the after prom. Take a headcount to ensure everyone arrives safely.

## FUNDRAISERS

If an afterparty isn't included

in the school's prom budget, figure out fun ways for the students to raise funds. They can host local car washes, sell merchandise or ask loved ones for contributions. When deciding on a financial goal, consider planning for meals, facility rentals and public transportation for large gatherings.

# Create Prom Contests

Prom night can be stressful for students who rush to meet hair and makeup appointments, show up on time and ask their crush for a dance.

As an organizer, you can alleviate some anxiety by creating engaging contests for participants. Of course, you will need prizes, so ask local businesses for donations like merchandise or gift cards.

If you find it challenging to acquire trophies for the winners, reach out to parents with your intentions.

Ask for small cash contributions that will cover the costs. Since most prom budgets are already tight, try not to let the prices of prizes cause a financial strain. Check out a few ideas to give the event a competitive and exciting edge.

## DANCE-OFF

An entertaining way for prom attendees to burn some energy is by hosting a dance-off. Try to think of popular genres for their age group and craft a contest that encourages them to mimic their favorite moves. Supervising parents or peers can serve as judges to vote for the most enthusiastic act. Consider choosing a few styles of dance types and inform students of the contest before prom. This can give them a chance to practice with their partner and grasp the first-place trophy.

## KARAOKE CONTEST

Karaoke contests are a versatile way to bust teenagers out of their shells. Help them leave their nervousness at the door by encouraging them to belt out their favorite songs. Allow participants to choose their own music. A more challenging tournament idea is to let the DJ select tunes randomly.

The contest can appeal to both single or duo acts and even feature different awards for each group.

## MOST UNIQUE OUTFIT

If your prom is themed, encourage the ladies and gentlemen to incorporate it into their outfits. You can award bonus points for homemade dresses or the most eco-friendly clothing. A growing trend that is even winning some students scholarships throughout the country is a duct tape prom dress contest. Participants are tasked with creating their outfits, jewelry and corsages from different types and styles of the tape to win significant rewards.



# Pre-Prom Skin Care Tips

The last thing you should worry about during prom is skin problems inhibiting your makeup routine or portraits. In the weeks leading up to the event, commit to a dedicated facial care routine to ensure you feel as good on the outside as you do within.

Pamper yourself by visiting a local salon for a professional facial. An expert can provide steps to ensure your skin is prepared for makeup application and will offer advice to maintain its integrity. You may also benefit from visiting a dermatologist if you're facing an acne breakout. A medical professional can determine the best course of treatment to clear your skin quickly and safely.

Here are some other ways to keep your skin glowing to make prom a night to remember.

## EXFOLIATE

The Cleveland Clinic experts suggest that exfoliating whisks away dead cells that can dull your complexion, cause a splotchy appearance, and clog pores. It recommends that, for the best results, exfoliation should be performed in some manner each day. When

searching for suitable products, read the bottle at your local health and beauty store or ask a dermatologist to recommend you their preferred medicine.

## BRONZE IN ADVANCE

Most prom attendees want to achieve a nice tan before the big event. However, tanning

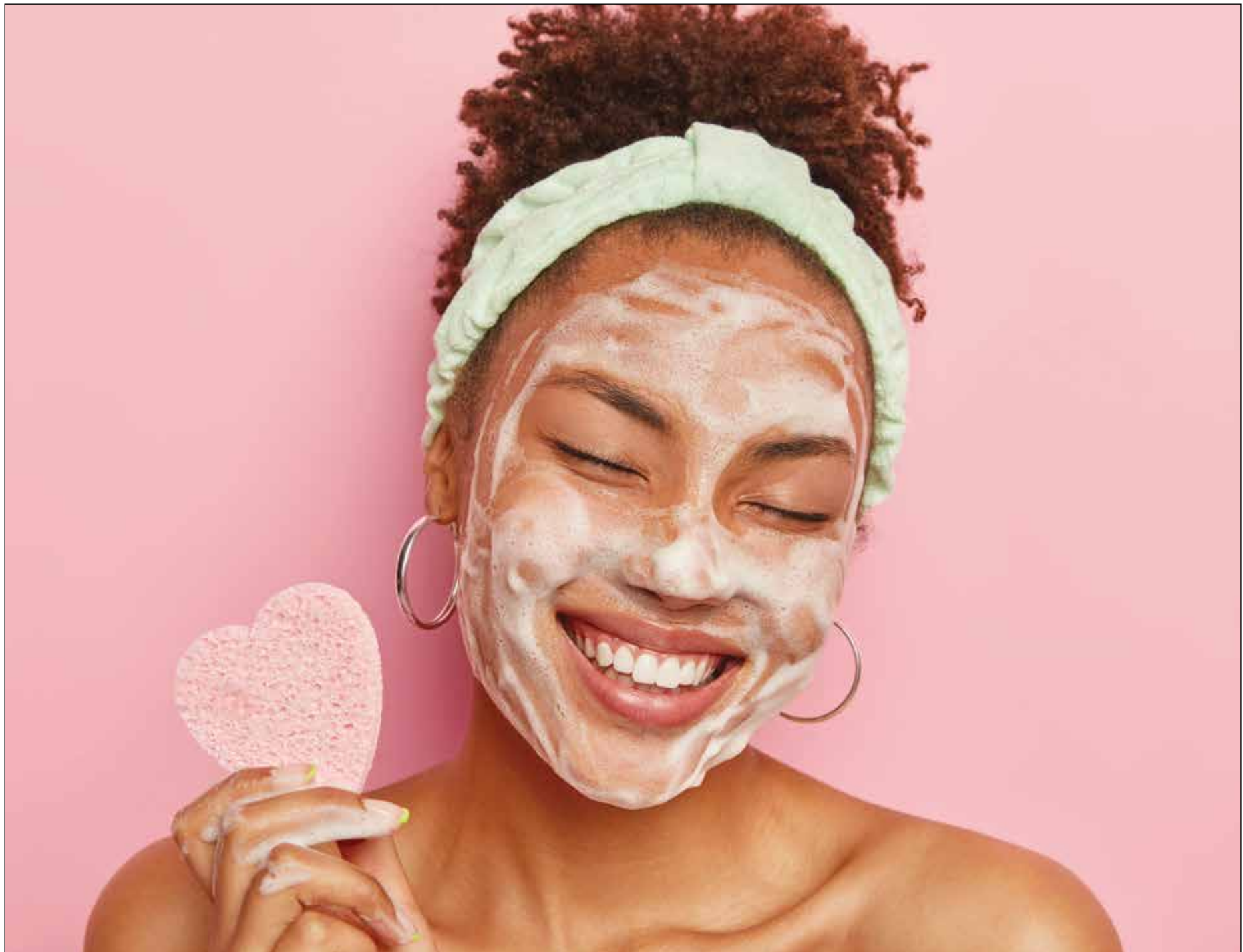
beds can cause severe damage to your skin. According to the American Academy of Dermatology, partaking in indoor tanning just one time can increase your risks of developing skin cancer by 20%. For an alternative, consider using a bronzer in the weeks leading up to the prom date.

Gradually apply the self-tanner according to the instructions to achieve an increasing tone that meets your desires.

## WAXING

If you choose to wax your eyebrows, try to leave the task to an expert. Without understanding your skin's sensitivity,

the wrong over-the-counter compound may cause discomfort. It's a good idea to make an appointment a few weeks before prom in case the treatment leaves red marks after the hair removal. Give your face time to heal before you pose for pictures you will cherish forever.



# Prom Etiquette Do's and Don'ts

Your high school prom event will be a memory that you cherish for years.

Some students will spend the evening with their significant other while others enjoy the night with their closest friends. Regardless of who you bring for the exciting journey, make sure to follow these do's and don'ts for a joy-filled occasion.

## **DO CHOOSE A COMFORTABLE OUTFIT**

While you want to choose a tux or dress that is highly fashionable, consider functionality before investing in the outfit. Make sure you can wear the clothing for extended periods while remaining comfortable. And, of course, you should be able to freely bust a move on the dance floor without holding back due to feelings of discomfort. Don't forget to make the same decision regarding your footwear. Try to break them in before prom, so you're not surprised by blisters or sore feet throughout the night.

## **DON'T SPEND THE NIGHT ON YOUR PHONE**

Since you'll spend a significant part of the evening posing for pictures, it's tempting to immediately post them to your social media pages or share them with friends. However, try to live in the moment and stay off your phone for most of the night. Show your date or the peers you came with that you are there to spend time in



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their company and upload your photos the next morning.

## **DO COMPLIMENT YOUR DATE**

After spending hours on your hair, makeup or outfit decisions, it can be

nerve-wracking to wonder if everything is perfect. Your date is likely facing the same stress. Break the ice by complimenting them on their efforts for dressing up to alleviate the nervousness that you both are likely feeling.

## **DON'T DO DRUGS OR ALCOHOL**

Prom night should be a night to remember. Avoid ingesting mind-altering substances like drugs and alcohol so you can be clear-headed and enjoy the moment. If you

see other attendees partaking in illegal substances, it's beneficial to report it to a supervisor or volunteer.

Try to work as an advocate for everyone in attendance to have a safe and exciting time for all.

# Attending Prom as a Group

If the dating scene isn't for you right now, consider attending the prom with a group of your closest friends.

Rather than waiting for someone to ask you or worry about letting a peer down with rejection, commit to plans of a night of stress-free excitement.

Here are some advantages of spending the night with your favorite people instead of finding a date.

## NO PRESSURE

As a teenager, you understand how stressful dating can be, especially if you are still becoming familiar with each other. Instead of spending prom night worried about getting to know someone, relax with those closest to you and soak in the experience.

When attending the prom as a couple, each party faces pressure to create a romantic atmosphere as it may be the last significant occasion before graduation for seniors. Spending the night with a group of peers will help you cut loose on the dance floor, network with guests and enjoy your time without the implications of a relationship.

## FREE TO MINGLE

After agreeing to attend prom with a date, both men and women may feel obligated only to spend time as a



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couple. This can mean you miss out on fun aspects of the evening with a different group or dancing with other partners. If possible, try to ask those sitting alone or who seem to be in a slump for a dance. It may lead to a lifetime friendship that you wouldn't have pursued otherwise.

## SAVE MONEY

By attending with friends, you can also avoid spending money on fancy dinners or renting expensive transportation like limos. Agree beforehand that your group will split the costs for the expenses that arise. When you and your friends aren't worried about the financial aspect of attend-

ing prom, you'll be free to spend your attention on making wholesome memories.

## TAKE FUN PICTURES

There will be multiple opportunities to take pictures during the evening. Rather than posing for awkward couple photos, encourage your friends to capture the

moments in action. Pose for silly photos during your entrance, on the dance floor and during the after prom. Don't forget to develop your favorite portraits for the entire group. The keepsakes can be kept and admired as you and your friends head off to college or enter a career after graduation.

# Tips for Gentlemen

While prom is mainly geared toward girls and their elegant dresses, style and makeup, guys can have just as much fun at the event.

If you're finding it challenging to get excited, consider the night as a chance to hang out with friends and dazzle your date with a romantic evening. It would help if you planned to make sure you are ready to impress on the dance floor and with your fashion sense.

Try to visit a tuxedo rental business long before the selected prom date. Being proactive can lead to finding better deals and having a broader selection of available outfits. Be honest during your fitting to ensure you can move comfortably in both the clothing and shoes.

After your tux is ordered, here are some other considerations to make to guarantee an engaging prom night.

## MAKE DINNER RESERVATIONS

When trying to impress your date, sometimes, a fancy dinner before prom can do the trick. However, this time of the year can be busy for local restaurants, so you should book your reservation to ensure you have a spot at the table.

While surprising your partner with a planned meal can be fun and spontaneous, the plan



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can backfire if you choose an eatery that doesn't fit into their itinerary. Unless you're positive that your date enjoys the restaurant, it's best to be honest with your intentions and ask for their recommendation.

## TAKE DANCE LESSONS

While much of prom is about mingling with friends

and showing appreciation for your date, the dance floor is the main event. If you're not confident with your moves, try to book local dance lessons beforehand. You should learn to move to different grooves like slow dancing, upbeat tunes and some classic ballroom tips. Your enthusiasm and confidence can make you

the life of the party and encourage other guests to lose their inhibitions and get on the floor.

## MAKE YOUR DATE FEEL COMFORTABLE

Whether you landed your date with an epic promposal or simply asked for their presence as your guest, it's essen-

tial to make the evening about her. Show your respect by arriving on time, delivering flowers and complimenting her dress.

While spending time with your friends at the event is essential, include her in the conversation and introduce her to the group if they're unfamiliar.

# Host a Virtual Prom

Ideally, the 2021 prom season will occur without social distancing.

Unfortunately, due to the COVID-19 pandemic, a backup plan involving a virtual celebration may prove to be necessary.

Draft a proactive strategy to celebrate this special time safely while spending it with your friends virtually. The first step is to decide how you and your guests will meet. Start a prom page on your favorite social media outlet and invite potential attendees to join.

Through this avenue, take a vote regarding which video-call platform works best for everyone, and encourage participants to download the software and become familiar with it before the event. Once you have the technology in place, you can begin planning an awesome party.

## CHOOSE A THEME

One of the essential aspects of organizing a prom is choosing a theme for decorations, outfit color pallets and hairstyles. Since a committee isn't in charge of decorating an entire facility, you have broader options when deciding on an idea.

Spend the days and weeks before prom by decorating your bedroom or designing a



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dress or tux with an accent related to the theme. Some options include an underwater gathering, a favorite genre of movie or a school spirit concept. Be creative when creating decorations and bounce ideas off the other attendees, so you don't wind up with similar backgrounds.

## TAKE CHANCES WITH YOUR STYLE

Feel free to go all out with your look for the virtual prom. Whether you find a comfortable outfit in your closet or spring for a dress or tux you have been eyeing, getting dressed up is part of the experience. Research fun hairdos

that are different from your typical style and add accents of color to highlight your attempt at something new.

## TAKE SCREENSHOTS

While you may be unable to pose for photos with your closest friends, you should still consider documenting

the event with screenshots. Afterward, upload the pictures to your social media group to show off your outfit and decorative theme. The portraits will create fond memories about how you overcame a canceled in-person prom and still had the time of your life.