



PARENTS...

You've told them you love them...
You've told them they look great...
You've encouraged them to have fun...
Now, make sure they get the **most important**
Prom Night message of all...
a reminder from YOU to
stay alcohol-free on
prom night!

Send a Text Message to your kids on prom night and
remind them to celebrate safely & stay drug and
alcohol free.



Don't know HOW to text? You don't have to!

You can text your son or daughter's cell phone
from YOUR E-MAIL account
with this quick reminder:

"Have fun 2nite.
Stay safe.
Don't drink. Luv U."

See the reverse for detailed instructions.

Tell other parents, too!
Please encourage them to take part and spread and
help spread this important message to our kids.

**Send a PROM NIGHT Text Message
to your teen!**

It's easy ... and you don't need to "text" to do it! You just need a computer with internet access and e-mail account.

Here's how:

After your child has left for their prom ...

1. Go to your e-mail account and create a "new" message.

2. In the "To" line, type your son or daughter's 10-digit phone number (no dashes or spaces), followed by, @teleflip.com

EXAMPLE: 4021234567@teleflip.com

3. You do not need to include a subject line.

4. In the "message" portion of the e-mail, type a short message to your son or daughter. We suggest:

**Have fun 2nite.
Celebrate Sober.
We want U back.**

5. Click "SEND" ... the message will be sent to your son or daughter's phone within moments.

Teleflip is a combined project of the Lancaster County Community Groups. For more information, email prevention@lcad.org

**There is no fee to send a text message using this service. The recipient will be charged the standard fee for receiving a text message, according to their current cellular plan.*