



# Make Your Parties Rock Substance Free

**Make Your Parties Rock Substance Free** is a year-round party planning guide that is full of ideas to help teens throw the best parties in town, parties free of alcohol or drugs. Teen drinking continues to be a problem in communities across the nation. The 2005 National Survey on Drug Use and Health estimates there are 11 million underage drinkers in the United States. Forty-one percent of current 8th graders, 63 percent of 10th graders, 75 percent of 12th graders, and 87 percent of college students have tried alcohol. Underage drinking is a leading contributor to death from injuries, which are the main cause of death for people under age 21. Each year, approximately 5,000 persons under the age of 21 die from causes related to underage drinking. (National Institutes of Health)

By using the information in this guide alongside a little creativity and teamwork, teens can put together an event that people will remember for a long time—and for all the right reasons! A Guide to Safe and Sober Event Planning will help teens show all of their friends that drinking alcohol isn't necessary to have an amazing party.

## Make Your Parties Rock Substance Free Resources:

1. **Section 1: Getting Started** – Planning Checklist, Settings, Activities, Themes, Great Timing All Year Long, Keep Your Guests Pumped Up!
2. **Section 2: Partnerships** – Friends, School, Parents, Law Enforcement, Community and Local Businesses
3. **Section 3: Committees** – Entertainment, Decorations, Food, Public Relations, Advertising, Community Relations, Ticket Sales, Fundraising or Distribution, Prizes, Chaperones and Rules, Clean-up
4. **Section 4: Resources** – Sample Media Advisory, Sample Press Release, Sample Drop-in Article, Sample Public Service Announcement, Available Materials, Poster

## Access:

This program is available [FREE](#) on the NOYS website.

## Partner:

- National Highway Traffic Safety Administration (<http://www.nhtsa.dot.gov/>)

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