

Being fully prepared for the school prom

The big day is drawing near! You and your friends have surely planned for everything, but what about getting back home? Highway collisions all too often result in young victims. **One driver in four** involved in a fatal collision is 16 to 24 years old. Yet, in Québec, young drivers proportionately account for only one licence holder in ten (SAAQ, 2012).

Don't become a statistic! You can contribute to your safety and that of others by opting for safe road behaviour. The school prom is a chance to celebrate the end of a chapter in your life and, most of all, the start of another. Don't let a collision spoil things!

Did you know that...?

- Refusing to undergo an alcohol or drug screening test is an offence that can result in the same penalties as impaired driving.
- The consequences of driving while impaired by drugs or medication are the same as driving while impaired by alcohol.
- If you commit an offence, your licence could be suspended for 90 days, four demerit points will be accumulated in your record and you could pay a fine of up to \$300 plus fees. If you are found guilty, you could have a criminal record and receive a fine of up to \$1000...think about it!

Myths vs. reality

- **The body eliminates one drink per hour : FALSE**

The absorption of alcohol is different for each person because a lot of elements make it vary. Approximately, it drops by an average of 15 mg per hour but it's different from a person to another. Never underestimate its effect on your driving abilities.

- **Everyone reacts differently to alcohol : TRUE**

Fatigue, medication, a person's weight or an empty stomach are all factors that may increase the effects of alcohol. Never try to keep up with the others.

- **Having a coffee, taking a shower or dancing eliminates alcohol more rapidly : FALSE**

Only time eliminates alcohol from the blood.

- **Drug impaired driving cannot be detected : FALSE**

The police have various ways to detect drug impaired driving, for example, observing the eyes or testing balance. If a police officer has reasonable grounds to think the driver is not in capacity to drive, he or she will be arrested and taken to the police station for further analyses.

Have you thought of everything?

Leave the party with the person you came with, or make sure that person gets home safely. And remember: **zero alcohol** for all drivers 21 and under! So if you drink, come up with a solution! Here are a few of your options:

- designate a driver
- call your parents or a family member
- rent a limousine or a bus
- buy Cool Taxi coupons
- make sure you have enough money at the end of the evening to take a taxi
- stay overnight at a friend's place or plan on spending the night at a hotel, at a cottage or in a campground

Resources to help you!

<http://educalcool.qc.ca/>

<http://www.parlonsdrogue.com>

<http://thepowertochangeeverything.com/>

<http://www.educaloi.qc.ca/jeunesse>

<http://www.cooltaxiquebec.ca/>

<http://www.saaq.gouv.qc.ca/idrivemyownlife/>

The countdown has started!

Share your pictures, videos and Facebook and Twitter statuses by using the hashtag **#monbalmonretour**, and show us that you're fully prepared for your prom! We'd like to see your preparations for the prom and especially, how you intend to get back home!

To learn more about safe behaviour, visit the official Facebook page of the Sûreté du Québec at:

<https://www.facebook.com/#!/policesureteduquebec?fref=ts>

Your school resource officer:

RCM: