



# METUCHEN HIGH SCHOOL

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To: All Juniors, Seniors, and their Parents/Guardians  
From: Ms. Rubin, Mr. Porowski, & Mr. Stike  
Date: April 2022  
Re: Pre-Prom Assembly

Many people look forward to the milestone experiences and activities that occur during their junior and senior year of high school. Making memories that will last a lifetime is an important part of the high school experience. As we turn the calendar from April to May to June, our students may participate in social activities that signify a rite of passage including the Junior/Senior Prom, Graduation, and “End of Year” Celebrations. We understand that not all students will be attending these events, but we feel it is an appropriate time to meet with our students to provide them with pertinent information regarding attendance at celebrations. As parents, teachers, and educators, we want to make sure that our students have the tools necessary to help them make good choices. Therefore, on Tuesday, May 24, 2022, all Juniors and Seniors will participate in a Pre-Prom Assembly.

Prom is a special time for our students and our biggest wish is that their prom experience will be fun, safe, and full of great memories. Choices made by individuals on Prom Night or at “end of year” celebrations can impact students’ lives, their families, and their friends. The more information our students have about the dangers that can occur and how to help themselves or their friends in various situations, the more prepared they will be to protect themselves and their loved ones. Our goal is for students to leave the assembly with a clear understanding of common substances, side effects, warning signs, tools to help, and the law. This pre-prom assembly will address the following topics:

Alcohol	Drugs	Consent
<ul style="list-style-type: none"> <li>▪ How alcohol affects the body</li> <li>▪ Binge drinking</li> <li>▪ Signs &amp; symptoms of alcohol poisoning</li> </ul>	<ul style="list-style-type: none"> <li>▪ Marijuana, THC concentrates, and edibles</li> <li>▪ Side effects</li> <li>▪ Possible poisoning situations</li> </ul>	<ul style="list-style-type: none"> <li>▪ The importance of consent</li> <li>▪ How to protect yourself from a dangerous situation</li> </ul>

As these topics are addressed, the students will learn about the law surrounding substances and the tools available for students to help themselves and their classmates.

If you have any questions, please do not hesitate to contact Ms. Samantha Rubin, our District Student Assistance Counselor at [rubin@metboe.k12.nj.us](mailto:rubin@metboe.k12.nj.us).