



Attending prom can be a great experience whether teenagers have a date on their arm or attend alone.

Have fun at the prom regardless of the company you keep

Prom is a milestone steeped in tradition. Perhaps because of that, many teenagers put immense pressure on themselves to make sure that their prom experiences are perfect.

Some of the stress that results from that desire for a perfect prom experience stems from who to take as a date. It's a misconception that every person who intends to attend the prom must have a steady boyfriend or girlfriend. In fact, it's perfectly acceptable, and even common, to attend prom without a date. The latest research from YouGov, a data- and information-gathering site engaging communities, found that among Americans who went to prom, only around half (51 percent) went

Great add-ons for prom and grad parties

Prom and graduation season is a festive time of year for students and their families. Prom itself is a party that's often followed by after-parties, while many graduates celebrate their academic achievements with less formal, post-ceremony get-togethers with loved ones. When hosting a prom or graduation party, hosts can turn the fun up a notch with these add-ons.

- **PHOTO BOOTH:** Smartphones have given people their own portable photo booths, but there's no replacement for the real thing. An old school photo booth complete with a privacy curtain and rolls of wallet-size film may encourage guests to let loose, showcasing their funniest faces and crowding into the booth together to make memories that will last a lifetime.

- **SUNDAE STATION:** Prom season is in spring, and graduation ceremonies that take place at the end of the school year also occur in spring. The warm weather of spring makes a sundae station a great addition to any prom or graduation party. Hosts can create a homemade sundae station by supplying the ice cream, toppings, whipped cream, and, of course, cherries.

- **OPEN BAR:** Open bars need not serve alcoholic drinks, meaning they can be added to post-prom gatherings. If hosting teens at a post-prom party, a smoothie bar can provide youngsters with extra energy to dance through the night. If hosting a graduation party for a newly minted college graduate who's of legal drinking age, then an open bar serving specialty cocktails can make the gathering all the more memorable. Hosts can even work with the bartender/catering service in advance of the party to create a special concoction exclusive to the party.

- **FIREWORKS:** Impress guests with a private fireworks show. Before purchasing any fireworks, confirm with local authorities that they're legal in the area where you and your guests will be celebrating. Safety should always be a priority when using fireworks, so hosts should hire professionals when planning a private fireworks show. Never leave fireworks unattended and always make sure guests stand a safe distance away from the fireworks when the show begins.

formal attire, a chance that, for teens, doesn't come around all that often.

- **MINGLE AS MUCH AS POSSIBLE.** Solo prom-goers have the benefit of being able to converse and move between different groups of people. This can inspire entertaining conversation throughout the night, and can even help students form stronger bonds with their friends.

- **GET UP AND DANCE.** The DJ or the band will be playing, so grab a partner and get out on the dance floor. Now is not the time to be self-conscious. Students who are going off to college or careers may not see their classmates often after prom night, so make the most of the night by cutting a rug.

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with a date. It's possible to have a great time at the prom

even if you attend without a date. Teenagers should feel confident and have fun whether they attend prom with a date, a friend, a group, or even alone. Here are some ways to maximize the fun.

- **LEAVE THE EXPECTATIONS BEHIND.** Even though prom fever may not be as intense as it was for generations past, teens may ultimately regret skipping their proms. Attend the prom with

no expectations except mingling with classmates, having a bite to eat and making a few memories to share with others in the future. Prom can provide an early foray into feeling special by donning



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