

101: How To Have The Best Prom Ever

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If you are going to Prom this year — or you remember yours from many years ago! — then you know all about the stress leading up to the big event. You need the right dress, the right date, the right hairstyle, the right shoes and the right group photo. It's a lot to deal with! Sometimes you're so busy planning the perfect night that when said night finally arrives, you're too stressed out to enjoy it.

And then there's the aftermath: Do you rent a hotel room, or organize an outing to your parent's cabin

upstate? The. Brain. Hurts.

Thankfully, **Chelsea Krost** is here to put things in perspective. The 19-year-old Marymount Manhattan college student and host of the [syndicated radio show Teen Talk Live](#) gives Crushable her [tips](#) on how to let loose and prepare for one of the best nights of your life:

- **Don't crash diet to fit into your dress.** And if you want to diet, Chelsea says, "What's going to be the healthy, safe, efficient way to do it?" The Boca Raton native, who went to her junior and senior proms, did it this way: Rather than passing out on that celebrity lemon juice-and-cayenne pepper technique, Chelsea and her friends began collectively working out at the gym and eating more healthy a month prior to Prom. Having a moral support system is motivating, she says, and you don't feel like crap for starving yourself.
- **Don't stress the dress!** If you're worried about showing up in the same dress as one of your BFFs, then avoid this issue by sending out a picture of your gown as a friendly "hands off" signal. No one will take it since they don't want to copy you! But what if *you* want to copy *them*? "It depends on how much you really like that person," says Chelsea, laughing. She gripes about the long-held Prom-related notion that you're supposed to wear a long dress to the dance. "I don't think length defines prom," she says, mentioning other formal possibilities like short cocktail dresses. "Make sure you're comfortable."
- **If you're going to drink alcohol, don't overdo it.** "Getting too drunk is not a good way to remember it your Prom," she says, recalling former classmates who had to be hospitalized or had to go home early because they were sick. "You're completely belligerent the next day, and everyone will be talking about it." Chelsea, who tackles typically taboo issues like [sex](#) on her radio show, is realistic about stuff. "Saying kids shouldn't drink on Prom is saying babies shouldn't have bottles of milk." Point made — so what do you do if you plan on partying? Get a designated driver — or a party bus or limo — to take you from Prom to the afterparty; rent a room in a hotel or other venue with your friends, and most importantly, "pace yourself," she says. And know this: "Drinking is overrated. People think they have to drink to have fun. It's sad."
- **If you're going to have sex, be safe.** While Chelsea laughs at the cliché of losing your V-card on Prom Night, she acknowledges that sex does go down. "Make sure your boyfriend or you has a condom in your purse. Bring protection! Maybe it's not you who is using it — maybe it's your friend. You just saved your friend."

And last but not least, relax, have an awesome time and enjoy yourself! Take [pictures](#) and send us your best shots after it's all over.