




# Tips

# for Teens

## Stay safe & drug free!

 not 

Nah.

No way. 

 Nuh-uh.

Being a teen and saying no to alcohol and drugs is never easy. Here are some refusal skills to help you stay safe.

### Make your parents the bad guys.

Parents do not mind being labeled the bad guys when it comes to staying away from drugs! Tell classmates that your parents will ground you or take away your phone if you are caught drinking or using drugs.

### Make an escape plan.

If you end up in a dangerous situation, get out. Make up code words to text an adult to pick you up.

### Bring your own drink.

Keep a bottled drink with you to drink at parties. People will be less likely to pressure you to drink alcohol if you're already drinking something.

### Street drugs can be fatal.

Lethal doses of drugs are on the street and people are dying. Your life is too important.

### Suggest better plans.

What if your best friend wants to go to a party where you know everyone will be drinking? Come up with a different idea. Say, "I'd rather shoot hoops (or play Xbox or go shopping). Want to come?"

### Choose like-minded friends.

Avoid peer pressure by hanging out with friends who also disagree with underage drinking and using drugs.

### Use sports as an excuse.

Remind your friends that you will be kicked off the team if you use drugs or alcohol. Plus, having a healthy body is important to you!