

The Right to Resist

Prevention Works!

TIPS FOR DEALING WITH FRIENDS

Even when you are confident in your decision not to use drugs or alcohol, it can be hard when it's your friend who is offering. A lot of times, a simple "no thanks" may be enough. But sometimes it's not. So, here are a few tips that may come in handy.

1. If you're on a sports team, you can say you are staying healthy for your sport. Plus, you don't want to run the risk of getting kicked off the team.
2. Keep a bottled drink like a soda or iced tea with you to drink at parties. People will be less likely to pressure you to try something you don't want to try. If they still offer you something, just say "I'm covered."
3. Find something to do so you look busy. Get up and dance. Offer to D.J.
4. When all else fails....blame your parents. They won't mind. Explain that your parents are really strict, or that they will check up on you when you get home.



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