

## Ways To Say No

You have to do more than simply tell your child not to drink—you should prepare him/her to turn down alcohol and handle peer pressure. Talk with your child about the different situations he/she may be in where alcohol can become a factor, like parties, after school, a friend's house, riding in a car and others.

Here are some things your child can say to turn down alcohol:

"No thanks."

"I'm not into that."

"I don't want to risk getting kicked off the \_\_\_ team."

"I gotta go pretty soon."

"I don't feel like it-do you have any soda?"

"I don't drink."

"My parents would kill me! I'd be grounded for life!"

The above excerpts are reprinted from "Keeping Your Kids Drug-Free" by the National Youth Anti-Drug Media Campaign, Office of National Drug Control Policy.

Want more information? We can help. Visit [www.parentupvt.org](http://www.parentupvt.org) or dial 211 for tools and resources.