

Here are my **"7 Helpful Role Playing Tips"** that can help you provide your teenager with the tools necessary to have an answer at the ready and what to say when placed in a risky situation.

There's a lot to be said for 'role playing'. I use it successfully in my private practice all the time. Sometimes teens need the language to help them stay away from risky situations. Practice now and they'll be prepared!

1. "I like you, but I don't like drugs."
2. "No thanks. It's not for me."
3. "I'd get kicked off the team if I was caught around drugs."
4. "I'm highly allergic."
5. "It makes me uncomfortable to be around drugs."
6. "My Dad, Mom, etc. would kill me if they knew I was around drugs."
7. "I want to spend time with you but I can't be with you when you do drugs."

These examples are proven to be helpful in "saying NO to drugs"

Here are my **"5 Steps to insure safety from prescription drug abuse/and other products abuse, in your household"** starting tonight!

1. Learn about the products in your home.
2. Be thoroughly prepared for any incident that may occur in your home.
3. Evaluate the environment and the situation properly.
4. Take action. Do not sit back. Do not wait until tomorrow.
5. Remove all potentially dangerous items from your medicine cabinets tonight. Including medications that are not being used, old scripts and leftover medications.

Remember...Prevention, Prevention, Prevention!!!

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