

Discuss It: Drinking & Drugs

The best thing you can do when you see someone with alcohol or drugs is **RUN**. The acronym RUN will help you remember how to protect yourself. Your mom would like to help protect you also. Answering questions like the ones below will help her to do that.

Resist: people who ask you if you would like to try alcohol or drugs.

Understand: that alcohol and drugs are illegal and dangerous.

Never Lie: to your parents if you drink or take drugs. Ask them to help you stop.

Moms

Ask your child to make a fist with both hands. Then ask the following questions.

“Has someone ever asked you to”:

- 1) Smoke a cigarette, raise one finger; if you did it, raise two.
- 2) Drink alcohol, raise one finger; if you did it, raise two.
- 3) Smoke pot/weed, raise one finger; if you did it, raise two.
- 4) Try inhaling (glue, gas, aerosol cans, etc.), raise one finger; if you did it, raise two.
- 5) Try drugs, raise one finger; if you did it, raise two.

If your child has any fingers up in the air please give them one huge hug for every finger. If your child doesn't have any fingers up give them a really big hug, because you're so happy they have been kept safe from drinking and drugs.

