

SAYING NO TO DRUGS

Talk to the child about potential drug/alcohol situations and encourage them to tell you about experiences they or their friends have had and how they've resolved them. Help them pick good anti-peer-pressure "excuses" such as, "I'm an athlete and I can't do that," or "My parents will ground me forever." More are listed below.

You can practice through role-playing by pretending to be a friend pushing them to experiment. Teach them to change the subject, asking about a friend's particular interests – like music or movies – just to push along the conversation.

Ways to Say No

Say, "No, thanks." It could be just as easy as that! However, if the person offering the cigarette, beer, or joint persists, the child will have to back up her "No thanks" with other tactics.

Be a broken record. Tell the child to keep saying no as many times as he needs to, either to cause the person pressuring them to stop, or to stall until he can think of something else to say.

Give a reason. This reason could be simply, "I'm not allowed to do that," or, "That's bad for you." It could state the consequences, such as, "I don't want to do that; it will make me sick," or, "You can die from doing that." The important thing is that the child state her reason for saying no with confidence. It's important for the child not to get into an argument; the goal is to refuse what is being offered.

Walk away or ignore the offer. This doesn't work in all situations. Sometimes the child will be alone or in some other situation where he can't walk away.

Change the subject or suggest doing something else. By saying, "Let's do _____ instead," the child has the potential to not only refuse an offer of drugs, alcohol, or tobacco, but to prevent a friend from using them too.

Assert yourself. This is an important part of all the above tactics. If the child can stick up for herself, (s)he is learning an important life skill. Being able to state your position assertively is a trait that we value in adults, so if the child learns it now, she will be better off in the future.

Remember, the best way to refuse drugs, alcohol, and tobacco is to spend time with people who don't use these substances. Encourage the children establish positive friendships.

For some more ideas on how to talk to your little, visit:

http://www.ehow.com/how_4780595_teach-drug-education-primary-school.html

