

PARENTS - TAKE THE LEAD TALK EARLY, TALK OFTEN!



WHAT IS

STRATEGY?"

AN "EXIT

Before your teen experiences a circumstance that involves alcohol, help him or her prepare mentally and emotionally to respond. Having direct conversations about the importance of standing up to people who might offer alcohol or who urge others to drink **DOES** help. Role plays scenarios that will help your teen practice refusing a drink. Exit strategies are also an important part of the practice. Preparing a "script" that is easy to remember and follow offers your teen the best chance at refusal success. Showing strength and resolve instead of uncertainty and nervousness takes practice.

Suggested exit strategies that could work best are:

- ◆ "No thanks, I don't drink."
- ◆ "Not right now, I have to be somewhere later."
- ◆ "My parent just called, they are picking me up in a few minutes."
- ◆ "I am getting over being sick, I can't drink."
- ◆ Have a "safe code text" with someone who will come to pick you up.
- ◆ Indicate there is an emergency and you need to leave, call for a ride.
* **Remember exit strategies work best when delivered with humor.**

If an immediate exit is not possible, here are other strategies to use the power of choice and refusal:

- ◆ Walk around with a cup already full of soda or other non alcoholic drink.
- ◆ Take the drink and pour it out when nobody is looking.

Ask your child..

