



Coaching Boys To Turn Down Drug Offers

Tweens and teens need to develop the will and skills to say no when they are offered cigarettes, alcohol, or illegal or prescription drugs. You can coach your son to turn down drug offers by doing role-playing exercises together. Take turns with your son practicing turning down offers to drink, smoke, or take illegal drugs and making such offers. Role-playing is a good way for your children to explore responding to different kinds of pressures to use drugs.

When you coach your son on how to refuse drug offers, you can help him imagine a realistic scenario by incorporating these facts:

- Your son is much likelier to be offered drugs at an earlier age than your daughter.
- Drug offers to boys are likely to occur in a public place where boys hang out, such as a park, playground, or on the street.
- Boys are more likely to be offered alcohol, marijuana, and other drugs by a male relative (e.g., an uncle, cousin, or older sibling), a male friend, or a male stranger.
- A person offering drugs to a boy is likely to emphasize the “benefits” of doing the drug, like the fact that it will improve your son’s social standing or self-image, or make him feel great.

