



## Coaching Girls 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 daughter to turn down drug offers by doing role-playing exercises together. Take turns with your daughter practicing turning down offers to drink, smoke, or take illegal drugs and making such offers. Role-playing is a good way for your daughter to explore responding to different kinds of pressures to use drugs.

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

- Drug offers to girls are likely to occur in a private setting, say, at a friend's house, or when alone with a boyfriend.
- Girls are more likely to be offered alcohol, marijuana, and other drugs by girls her own age, like a female friend or a young female relative—a sister or a cousin—or from an older boyfriend.
- When your daughter is offered substances, the person offering may not give any explanation for why she should try it. The person offering may simply say, "You want some?" Or they may say, "Don't worry, it isn't going to hurt you."

