



10 STEPS THAT WILL HELP YOUR CHILD SAY NO



TALK

Talk openly with your child about alcohol and other drugs. You can help change your child's impression that everyone is drinking alcohol, smoking tobacco, or using substances.



LISTEN

Truly listen to your child. If you always show you're listening attentively and eagerly, your child will share their experiences with you.



HELP

Help your child feel good about themselves. Praise their efforts and accomplishments so they take pride in them. If you disapprove of something they did, reinforce that you disapprove of their actions, not them as a person.



SUPPORT

Be a source of support for your child while they develop strong and proper values. If your child has a solid set of values, they'll have the strength to say NO to alcohol and other drugs instead of giving in to their friends' pressure.



TEACH

You can teach your child to handle group pressure. A child who has self-respect and is self-assured has a better chance of handling negative group pressure with a firm No.



LEAD

Guide them with your good example. Your alcohol and drug habits, as well as your attitudes, are powerful influences on your child's views on these issues.



EXPECTATIONS

Set restrictions as a family. Establish rules regarding the use of alcohol, cigarettes and other drugs. It's also important to be clear about the consequences if they don't behave within the established parameters.



ENCOURAGE

Promote healthy and creative endeavors. Hobbies, school events, and other recreational activities will stifle any feelings of boredom and keep them away from alcohol, tobacco, and other drugs.



TOGETHER

Join forces with other parents to discuss alcohol and drug prevention; this will help reinforce your family's conversation at home.



KNOWLEDGE

Inform yourself about what you can do if there are problems with alcohol and other drugs in your family. Learn to recognize the signs and symptoms related to their use. If necessary, get help immediately.

FOR MORE INFORMATION, talk to your provider or contact us at the **Beneficiary Services** Center at:

1-844-336-3331 | **787-999-4411**
(TOLL FREE) | TTY (HEARING IMPAIRED)
MONDAY TO FRIDAY, FROM 7:00 A.M. TO 7:00 P.M.



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