

It may seem cool, but it's not.

Just say no - "It's not my thing."

Change the subject - "Did you hear that song that just came out?"

Talk about consequences - "I don't want to get kicked off the team."

Bring up your health - "I have asthma. That stuff messes me up."

Talk about a bad experience - "I've tried that before and it made me sick. No thanks."





Kids deserve the best.

