

DRUG FREE ME

HERE ARE SOME THINGS YOU CAN DO INSTEAD OF DRUGS

Join a club/sport.

Volunteer.

Start a new hobby.

Listen to music.

Set a new goal.

Play video games.

Talk to a trusted person.

Make new friends.

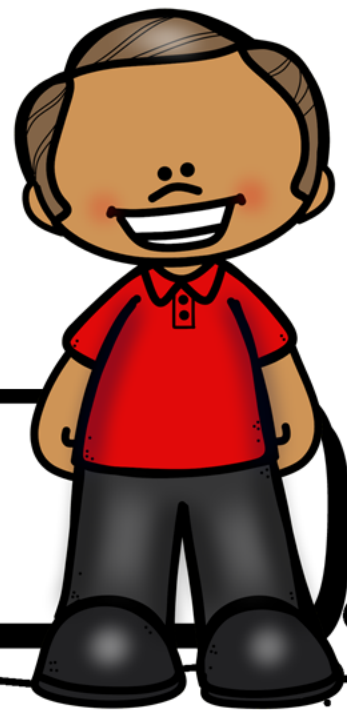
Exercise.

Spend time with family

Learn/practice a skill.

Call/text a friend.

THIS IS WHAT I WILL DO INSTEAD
OF DRUGS:



DRUG FREE ME

WHAT TO DO WHEN YOU ARE PEER PRESSURED:

Make up an excuse

Suggest a better idea to do.

Say no. If the person repeats the request, repeat the same words of refusal.

State facts about drug use.

Ask them "why are you pressuring me?"

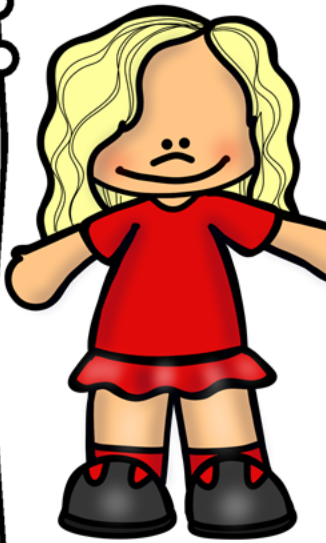
Ignore the suggestion or walk away.

THIS IS ONE I FEEL COMFORTABLE

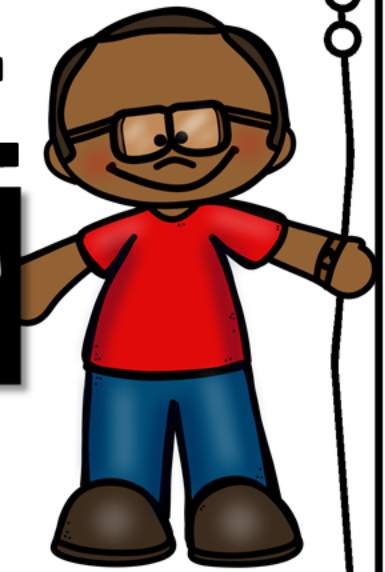
USING:

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DRUG FREE Pledge



I PLEDGE TO:



Do this instead of drugs:



Do this when I feel peer
pressured to do drugs:

I AM DRUG FREE
SIGNED:

COUNSELOR Collab

with Laura & Ashley

[Ashley's TpT Store](#)

[Ashley's Instagram](#)

[Ashley's Website](#)

[Laura's TpT Store](#)

[Laura's Instagram](#)

[Laura's Website](#)



Counselor Collab on Instagram

Counselor Collab on Facebook

Counselor Collab Members-Only Facebook Group

Laura & Ashley



lauraashley@counselorcollab.com

CREDITS



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