

ARE YOU 'UNDER THE INFLUENCE'?

IF YOU'RE FEELING PRESSURE TO TAKE DRUGS, HERE'S HOW TO DEAL WITH IT.

- You're not alone! It's easy to think you're the only one who has not experimented with drugs. The reality is that most people your age **DO NOT** take drugs and you're in the majority.
- Work out where you stand on issues like sex, drugs and alcohol. Knowing your own mind makes it easier to stay true to yourself.
- Prepare yourself now by thinking through how you want to respond and behave. It may help to share your thoughts and feelings with someone you trust.
- Try to understand who is offering you the drugs and why – friends should understand if you say no, people you don't know very well may expect something in return.
- Say no firmly but clearly and without making a big deal about it. If they try to persuade you, don't feel like you have to change your mind.
- They may not show it, but your mates will respect you more if you're assertive and clear about what you do and don't want to do.
- Take a look around – it might not seem like it, but you're not the only one worrying about what other people think of you. Try to focus on your own opinion of yourself – in the end, that's all that matters.
- Watch out for your mates - if you're worried about a friend, don't keep it to yourself. Talk to them, or someone you trust.
- If you're finding it hard to be yourself within your group, take a step back, and think about whether it's time to find a new crowd to hang out with.
- Before trying anything new it makes sense to get the facts straight. For friendly and confidential advice, talk to **FRANK on 0300 123 6600** at any time of the day or night.