



Rx4 Prevention

- D** **RUG TEST.** Give them an out.
- R** **EFUSAL.** Teach refusal skills. Develop an exit plan for your child that will help him if he finds himself in a compromising situation.
- U** **NDERSTAND THAT YOU ARE THE PARENT.** Your child has enough friends. They need a parent that will always keep their health and safety in mind. Establish role models and other people who can positively influence them that they can confide in.
- G** **ET THEM INVOLVED IN EXTRACURRICULAR ACTIVITIES.** Push them towards their passion.
- S** **HAME.** Shaming kids for mistakes they make is damaging. Use mistakes as teachable moments, while maintaining family rules.