

DRUGS & ALCOHOL: THE WAR

HOW TO FIGHT PEER PRESSURE

I. BE READY!!!

Just as sure as the sun will rise tomorrow, every person and every athlete will be asked to use drugs and/or alcohol. Get an answer now! Be ready! Don't wait! Saturday night is a bad time to make a decision.

II. ANTICIPATE!!!

Know the lines: Hey, one won't hurt—Everybody does it—What's wrong with you. The truth: one has killed and one can kill you—Many great upper limit people and athletes don't do it—Anticipate and be ready with the right answer.

III. SAY NO AND WHY!!!

Saying no is good but saying why is much more powerful. Let people know that you have your sports and goals, and drugs and alcohol aren't in that program. You will be hassled less often and soon not at all. Your peers will respect you and you will probably help others in many, many ways.

THE BRIDGE IS OUT...THE BRIDGE IS OUT...

A teenage guy and girl are speeding along down a highway. All of a sudden, they see a stranger waving his arms and screaming, "The bridge is out...The bridge is out." The two teenagers keep going. They think the stranger is crazy.

Then, it's like the twilight zone. They witness their parents, friends, relatives, teachers and the police also along the highway. Everyone is frantically waving their arms. Many are screaming with tears in their eyes, "The bridge is out...The bridge is out!" But, the car keeps going. The two teenagers are laughing. In a split second, the laughs turn to shrieks of horror as their car crashes to pieces in the canyon below. The bridge was out.

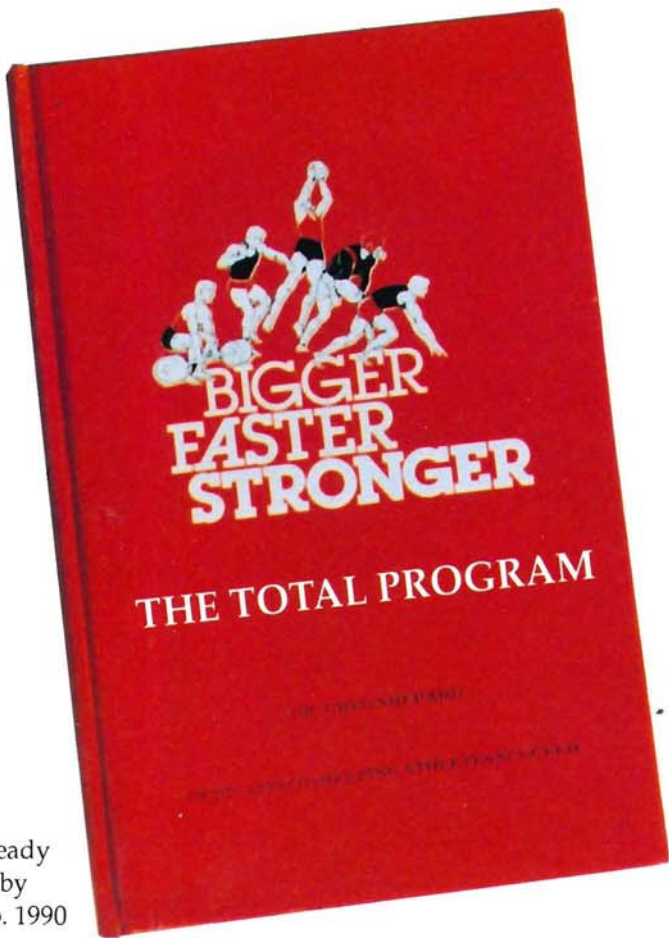
As we go down the highway of life, millions are hurt or die despite warning after warning. The war against drugs and alcohol starts with you.



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