



**i talk**  
they hear you®

# SHE WANTS TO HANG OUT WITH FRIENDS OUTSIDE OF SCHOOL.

**Help her plan to resist peer pressure.**

Fifty-three percent of people ages 12 to 17 got prescription pain relievers from a friend or relative. Talk to your children about having an “exit plan” if they are offered prescription pain relievers that don’t belong to them. Having a plan to avoid drug misuse can help children make better choices. For tips on how—and when—to begin the conversation, visit:

[www.underageddrinking.samhsa.gov](http://www.underageddrinking.samhsa.gov)



**SAMHSA**  
Substance Abuse and Mental Health  
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