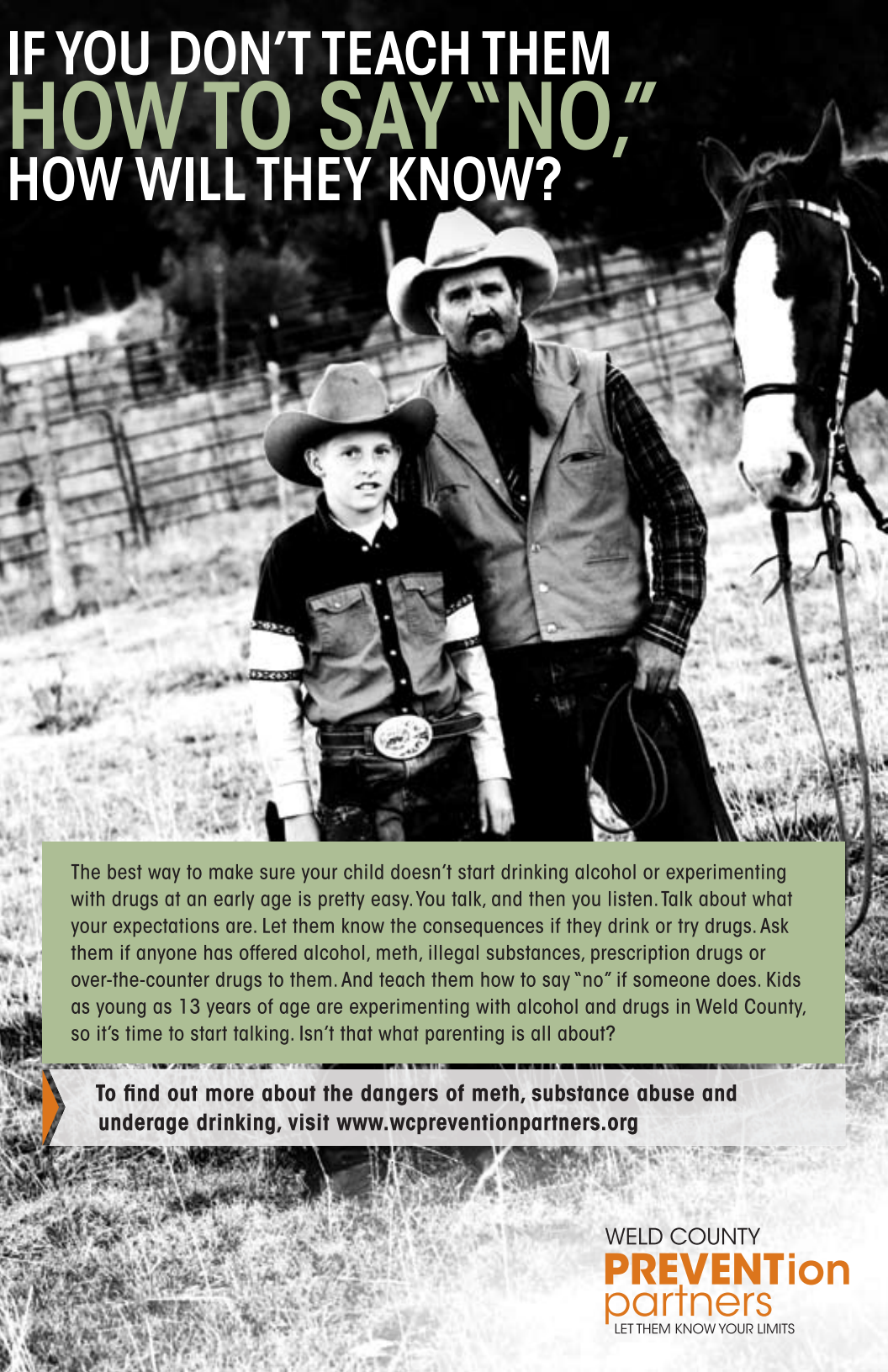


# IF YOU DON'T TEACH THEM HOW TO SAY "NO," HOW WILL THEY KNOW?



The best way to make sure your child doesn't start drinking alcohol or experimenting with drugs at an early age is pretty easy. You talk, and then you listen. Talk about what your expectations are. Let them know the consequences if they drink or try drugs. Ask them if anyone has offered alcohol, meth, illegal substances, prescription drugs or over-the-counter drugs to them. And teach them how to say "no" if someone does. Kids as young as 13 years of age are experimenting with alcohol and drugs in Weld County, so it's time to start talking. Isn't that what parenting is all about?

**To find out more about the dangers of meth, substance abuse and underage drinking, visit [www.wcpreventionpartners.org](http://www.wcpreventionpartners.org)**

WELD COUNTY  
**PREVENTION**  
partners  
LET THEM KNOW YOUR LIMITS