

# TEXT TO PREVENT

Kids constantly texting? Join them in their chosen way of communicating by texting them as well. Texting with teens is a great way to connect with them and continue communicating about alcohol and its risks. So text-away! You'll be able to stay in touch, let them know you're thinking about them, and remind them to avoid underage drinking.



**Teens talk in code. Learning that code is important.**

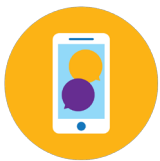
### Teen Text Talk 101:

Don't be intimidated by the codes – most of them come from dropping vowels or replacing words with numbers for the sake of speed.

### Examples:

<b>BCUZ</b>	Because
<b>BTW</b>	By the way
<b>CUL8R</b>	See you later
<b>H&amp;K</b>	Hugs and kisses
<b>F2T</b>	Free to talk
<b>JK</b>	Just kidding
<b>TTYL</b>	Talk to ya later
<b>GUDLUK</b>	Good luck
<b>Mber</b>	Remember

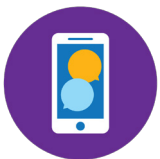
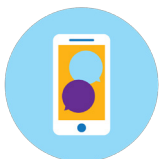
*It might be hard to keep up with all the changing terms, but as long as you are being clear, your teen will get the message.*



### At a loss for words? We got you covered! Try some of these!

(True, there tends to be a lack of proper punctuation, grammar and spelling when texting. It's all part of the texting culture.)

- If u feel pressured - don't give in - get out! We will come get u.
- Alcohol is a drug and is addictive.
- Your real friends won't care. If there is alcohol tell them "Not for me"
- Yup it's me - have fun - luv u!
- One choice can change everything- Alcohol lowers your judgment, u may do some thing that u will regret!
- I trust you to make good decisions 2nite. Let me know if you need anything. Mber here for u!
- Be careful tonight. If your friends offer you a drink just say you promised me no.
- Have fun tonight. Keep your curfew in mind. Call me if you need anything.
- Have fun B safe-you are the best thing in this world! Mber that!
- Promises-mber ours! Be safe tonight. Love you.
- There is a link tween alcohol and HIV-WOW!
- Have fun 2night. Stay safe. Don't drink.



[www.Talk2Prevent.NY.gov](http://www.Talk2Prevent.NY.gov)

Need help? Call 877-846-7369



**Talk 2  
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