

Make a code to help teens & young adults escape sticky social situations.

When peer pressure sets in, this is the way out.



Make a plan for your teen and young adult to text you 'X', or any other code, so that if they're in a bind, they have a safe escape.



If you receive the "X", you then will call and tell them that you need to pick them up or they need to come home immediately. This will be their excuse to swiftly leave the situation.



No questions asked.



Office of Alcoholism and
Substance Abuse Services

CombatAddiction.ny.gov