50 Things To Do Instead of Drugs

1. Just say NO!

2. Do something that’s legal.

3. Be aware that a drug test is one exam that you don’t want to fail.


5. Be in control. It’s cooler than being out of control.

6. Realize that drug use is not very creative.

7. Take a walk along the beach. Listen to the waves. (No beach? Go to the park and listen to the birds.)

8. Study. You’ll increase your brain power.

9. Do something you don’t have to hide.

10. Think of something—anything—better to do with your time.

11. Understand that drug users are losers!

12. Realize that “NO FEAR” is a good slogan on a T-shirt—not for an addict.

13. Dare to be different. Refuse a drug!

14. Live a long life. You are much too young to die.

15. Listen to some new songs on the radio. Play some old CDs.

16. Try a new flavor of ice cream with a friend (a cheap, really good idea).

17. Check out a good book from the library.
50 Things To Do Instead of Drugs (Cont.)

18. Go swimming.
19. Read a magazine.
20. Think about what your mother would say.
21. Think about what your grandmother would say.
22. Visit an old friend.
23. Think about some dreams for the future.
24. Find a new friend.
25. If you want a quick high, ride an elevator to the top of a tall building.
26. Volunteer at a hospital. Sick children and elderly people would love it if you did.
27. Adopt a kitten from an animal shelter. Take care of it.
28. Do not believe every line you hear.
29. Buy a stuffed animal and give it to your sister.
30. Keep your grades high.
31. Practice a sport you enjoy and want to be better at.
32. Decide whether you would get on a plane if you knew the pilot was high.
33. Watch a TV show you’ve never watched before.
34. Put on a puppet show for little kids at a library. Listen to them laugh.
35. Think about where you hope to be five years from now.

36. What about in 10 years?

37. Say NO now, so you won’t have to say this to your kids one day: “Don’t make the same mistakes I made when I was your age.” (Children hate it when you say that!)

38. Climb a hill.

39. Ride your bike.

40. Be your own person; don’t follow the crowd.

41. Talk to someone you love.

42. Start dinner with dessert.

43. Go to the park.

44. Wash your car.

45. Bake some cookies.

46. Go to the zoo.

47. Buy a gift for your mom.

48. Go on a roller coaster ride.

49. See a comedy show.

50. Rent a funny movie at the video store.