



Be Smart

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If somebody in your family drinks a lot, don't hang out with them when they are drinking, and never get in a car if the driver has been drinking. Keep yourself safe and healthy. If you have friends who drink, back off and tell a grown-up. Your friends are putting themselves at risk. Avoiding alcohol as a kid is the best way to avoid developing drinking problems as an adult and protecting yourself against accidents at any age. Just say no!

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