

# Say "No, I'd rather..."

Have a picnic



Play with a pet



Go to a movie with a friend



Play an instrument



Buy my favorite CD



Go swimming



Play a sport



Ride a bike



Play tennis



Plan an alcohol- and tobacco-free event



Plant some flowers



Join a theater group



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org