



**Bryn Mawr Rehab Hospital**  
Main Line Health  
Well ahead.<sup>SM</sup>

cruisin' not boozin'  
**cnb**  
powerful stories –  
empowering lives

## Safety Planning Hints:

1. Never get into a car with someone who is high or has been drinking or never trust your own judgment to drive if you have.
2. Rehearse ahead of time with your parents, counselor or friend what you will say if you are offered a drink or a drug and don't want it.

As a suggestion: Say you are sick or your parents drug test you or will be waiting up when you get home. **(CNB's brochure for teens "Don't Take the Wrong Way Home").**

3. Rehearse an exit plan with your parents for a safe ride before you go out with your friends just in case the person who drove is not safe to drive or if the party gets out of hand. The plan should include who or when to call and an address of where to be picked up.
4. The plan should also include a secret code, word or phrase that you can either text or say to your parents that tell them you need a safe ride home. For example, you can use the phrase "I feel sick."**(Center for Injury Research & Prevention-Children's' Hospital of Pennsylvania)**
5. Go home and talk to your parents about this
6. Remember these injuries are preventable- you need to believe these consequences can happen to you and you need to be prepared to make safe choices.