



THEY WORK GREAT!

You are at practice and you fall and twist your ankle. A few days later it is still sore and you aren't practicing with the rest of the team. Your friend says, "I've got something." She pulls a prescription bottle out of her backpack. The name on the bottle is not hers. She tells you she takes these whenever she gets hurt, they make her feel great. She thinks it will help you with your sprained ankle and get back in the game. She hands you a pill.

What would you do?

Suggested Answers

- Tell her you remember the coach saying not to take pills that are not yours. Say, "I'll pass."
- Ask your friend, "How long have you been taking them? You should probably talk to your parents about it."
- Tell your friend, "I think I'm going to have my parents take me to the doctor."
- Say no, and take the time to tell the coach in private what happened.