Your Anti–Drug is that thing that is more important to you than using drugs.
For some people it’s their family, for others their personal goals.
Still others get down to specifics with things like sports, music and their education.
Here are some things that other teens have identified as their Anti–Drug. What’s yours?

- Acting
- Dreaming
- Meditation
- Secure With Myself/Decisions
- After–School Activities
- Energy
- Modeling
- Shopping
- Animals
- Everything
- Music/Chorus
- Singing
- Baseball
- Exercise
- My Body
- Skating
- Basketball
- Faith
- My Freedom
- Soccer
- “Because Not Everyone Is Doing It!”
- Family/Parents
- Fashion
- My Future
- Social Life
- Feeling
- Fear of Dying
- My Goals
- SPARK
- Fencing
- Future Children
- My Health
- Sports
- Games
- God/Religion
- “My Impact On Others!”
- Good Friends
- “Not Interested!”
- Gymnastics
- Optimism
- Hope
- Having Fun
- My Sibling(s)
- People
- Imagination
- Helping Others
- My Style
- Pets
- Jogging
- My Team
- Painting
- Prayer
- Juggling
- Nature
- Pride
- Karate
- “Not Interested!”
- Life
- Racing
- Respect
- Loss of A Loved One To Drugs
- Reading
- “Refuse!”
- Love for Life/Self/Family
- School/Deans
- “What’s The Point?”
- Me/Myself
- Self–Confidence
- Meditation
- Respect
- Teachers
- Determination
- “Don’t Need It!”
- “Too Smart To Start!”
- Drawing
- Writing
- Deejaying
- Ultimate Frisbee
- "What’s The Point?"
- "Don’t Need It!"
- "Because Not Everyone Is Doing It!"
- Being Happy
- Biking
- Blowing Bubbles
- Boy Bands
- Boyfriend
- Brain Power
- Camping
- Cheerleading
- Checkers/Chess
- Comedy
- Community
- Composing Songs
- Computers
- Consequences
- Cooking
- Culture
- Dancing
- Deejaying
- Determination
- “Don’t Need It!”
- “What’s The Point?”