



Shift the **Influence**

Offered by Peer Assistance Services, Inc.

Simulations to help you **talk and listen.**

Check out proven tips to help you have positive, meaningful conversations about alcohol and other drugs with someone you care about.

By practicing with our virtual humans, Donna, Jordan and Sienna, you'll learn how to navigate these conversations in real life.

Practice your conversation today

We have simulations to help you practice whether you are:



TALKING WITH ANOTHER ADULT:

Navigating a conversation about alcohol and other drugs with a friend, family member, or coworker can be tricky. Practicing conversations through our simulations can help anyone prepare for a number of paths the talk could take.



TALKING WITH A YOUNG PERSON:

Talking with someone younger about alcohol and other drugs can seem impossible. That's why we have developed a simulation to help avoid pitfalls and keep the conversation positive and productive.

Be the influence for those you care about, visit

Shiftthe**influence.org**