

IT'S OKAY TO SAY **NO WAY!**

If you are faced with alcohol or drugs, be prepared to say no with the following tips.

BE CLEAR:

"No, thanks. I'll pass."

EVERYONE DOESN'T DO IT:

"Actually, most youth DON'T drink or use drugs. I'm good."

LOOK TO THE FUTURE:

"I don't want to mess with my health, or my future earning potential."

DO SOMETHING ELSE:

"Let's record a new TikTok instead."

GET HELP FROM FAMILY:

Plan ahead. Have a code word/phrase you can call or text to a trusted adult to have them get you out of an uncomfortable situation.

Vaped, smoked, or eaten, marijuana is not as harmless as you might think. People who DON'T use have better mental health, memory, and problem-solving skills. Your brain is not fully developed until around age 25.

Be kind to your mind!

KNOW THE SIGNS OF ALCOHOL POISONING



CONFUSION



VOMITING



IRREGULAR BREATHING



SLOWED BREATHING



SEIZURES



LOW BODY TEMP



BLUE OR PALE SKIN



LOSS OF CONSCIOUSNESS

SAVE A LIFE
DON'T THINK TWICE
CALL 911

See a classmate or friend in need? Say something.
It could save their life.

