

Tips for Teens

- ❖ **Know the law**
 - You are accountable for what you do. You can face legal penalties, including costly fines and jail time.
- ❖ **Be aware of the risks**
 - Drinking or using drugs increases the risk of injury. Being under the influence of drugs or alcohol increases the likelihood that a person will engage in risky behaviors that can lead to car crashes, falls, burns, drowning, suicide and many other events that can change your life forever.
- ❖ **Keep your edge**
 - Drug use can ruin your looks, make you depressed, and contribute to slipping grades.
- ❖ **Play it safe**
 - One incident of drug use could make you do something that you will regret for a lifetime.
- ❖ **Do the smart thing**
 - Using drugs puts your health, education, family ties, and social life at risk.
- ❖ **Get with the program**
 - Doing drugs isn't "in".
- ❖ **Think twice about what you're advertising when you buy and wear T-shirts, hats, pins, or jewelry with a pot leaf, joint, blunt, beer can, or other drug paraphernalia on them**
 - Do you want to promote something that can cause cancer, decrease your ability to remember, or make it dangerous to drive a car?
- ❖ **Face your problems**
 - Using drugs won't help you escape your problems, it will only create more.
- ❖ **Be a real friend**
 - If you know someone with a drug problem, be part of the solution. Urge your friend to get help.
- ❖ **Remember, you **DON'T NEED** drugs or alcohol.**
 - If you think "everybody's doing it," you're wrong! Over 86% of 12-17 year-olds have never tried marijuana; over 98% have never used cocaine; only about half a percent of them have ever used crack. Doing drugs won't make you happy or popular or help you to learn the skills you need as you grow up. In fact, doing drugs can cause you to fail at all of these things.