Choices you make today affect the rest of your life. Tobacco, drugs and alcohol are harmful to you and the people around you. Don’t be afraid to ask an adult you trust if you need help or advice.
“I don’t need to drink or smoke or use drugs to have fun.”

“I feel good when I help others.”

“That project was hard! I’m proud of us.”

Smart Choices

Tobacco

Try this tobacco. It’ll make you feel grown up!

No thanks! That stuff’s bad for you.

Smoking and chewing tobacco are really bad for you. They make people cough and get dizzy. Plus, they smell bad.

No thanks! I’m already having fun.

Alcohol

Have some alcohol. It feels good.

No thanks!

My friends have done some stupid and unsafe things while they were drinking. They don’t even remember what they did.

No way, man! Drugs are for losers.

Drugs

My older brother said drugs are cool. Try some.

Kids who do this stuff seem so spaced out. How will I be able to focus in school or play sports? And I might do something stupid.

No way, man! Drugs are for losers.

My friends have done some stupid and unsafe things while they were drinking. They don’t even remember what they did.

No thanks! I’m already having fun.

“I don’t need to drink or smoke or use drugs to have fun.”

“I feel good when I help others.”

“That project was hard! I’m proud of us.”