MAKE SMART CHOICES
Avoid Tobacco, Alcohol, and Drugs

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.
That project was hard! I'm proud of us.

I feel good when I help others.

I don't need to drink or smoke or use drugs to have fun.

Smart Choices

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

Have some alcohol. It feels good.

My older brother said drugs are cool. Try some.

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

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

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 thanks! That stuff's bad for you.

No thanks! I'm already having fun.

No way, man! Drugs are for losers.

“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.”

No thanks!