



Make Footprints Worth Following....



Live Drug Free!

Chemical Health Initiative Of Goodhue County

5 Ways to be a Good Drug Free Role Model

- ◆ Work hard in school and say no to drugs. It's difficult to do your best if you're on drugs.
- ◆ Show that you care about your friends and family by staying away from drugs and alcohol. By using drugs and alcohol, you can hurt those around you.
- ◆ Prove that you're trustworthy by refusing to use drugs. Drugs can make you forget things and become unreliable.
- ◆ Respect yourself by staying drug and alcohol free. Let others see that you value your health and future!
- ◆ Show courage by living drug free and taking responsibility for your actions. Drug use impairs your ability to make smart choices.

Help Your Friends Be Drug Free!

- ◆ Do fun drug-free activities together, such as playing sports, going to movies, or just hanging out and talking.
- ◆ Support each other in saying no to alcohol, tobacco, and other dangerous drugs.
- ◆ Tell your friends that you're there for them if they need to talk about problems. Then be a good listener.
- ◆ Stay away from places where drugs might be used.
- ◆ Refuse to lie or cover up for a friend on drugs. A real friend wouldn't support a friend's drug use.
- ◆ If a friend has a drinking or drug problem, talk to him or her about it. You can't force someone to get help, but you can encourage a friend to find a counselor.
- ◆ If you can't convince a friend to get help, discuss it with an adult you trust-your parents, your friend's parents, a teacher, coach, minister or counselor at your school.



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Make A Ripple



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8 Ways to Respect Yourself

- ◆ Set positive goals and strive to achieve them.
- ◆ Stand up for yourself and what you believe in.
- ◆ Have confidence in your abilities.
- ◆ Be honest with yourself and others.
- ◆ Choose friends who make healthy choices and share your dream of a bright future.
- ◆ Use good judgment and make wise decisions. Think about the consequences of your actions.
- ◆ Take care of your body and your mind so you can be your best. Stay drug and alcohol free!
- ◆ Be proud of your decision to say "NO!" to drugs and alcohol!

FYI...

- ◆ Youth who drink before the age 15 are six times more likely to develop alcohol dependence than those who begin drinking at the age of 21.
- ◆ 43% of 13 year olds who drink alcohol regularly will become alcoholics.
- ◆ 40% of 15 year olds who drink alcohol regularly will become alcoholics.
- ◆ But, only 10% of 21 year olds who begin to drink alcohol regularly will become alcoholics at some point in their lives.

The longer kids delay, the better chance they have of NOT developing an addiction or causing life-long health problems.

Visit Our CHI Websites

Main Website: www.CHI-Goodhue.org
Parent Website: www.CHI-Parentnetwork.org
Website for Kids: www.CHI-Howie.org



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