



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



### Chemical Health Initiative Of Goodhue County

#### 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 four 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](http://www.CHI-Goodhue.org)  
**Parent Website:** [www.CHI-Parentnetwork.org](http://www.CHI-Parentnetwork.org)  
**Website for Kids:** [www.CHI-Howie.org](http://www.CHI-Howie.org)



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