

It's up to EVERYONE to prevent substance use in youth.  
Here are some examples of how you can make a difference!



**#IT'S UP  
TO ME**

FOR PARENTS/ ADULTS:

- ... to talk to my kids about substance use
- ... to get to know my kid's friends
- ... to encourage and support the youth I know
- ... to be a good model for my kids
- ... to thank a retailer for checking IDs
- ... to support positive activities for kids
- ... to model healthy behaviors around youth
- ... to encourage open communication with kids
- ... to be a good listener with my kids

FOR YOUTH:

- ... to be a good influence to my peers
- ... to invite the shy kid to sit at my table
- ... to say "no thanks" to alcohol & drugs
- ... to plan healthy activities with friends
- ... to encourage younger kids to make good choices
- ... to get involved in positive activities
- ... to choose good friends
- ... to wait until I'm 21 to drink alcohol
- ... to stand up to bullies
- ... to stand up for my friends being bullied
- ... to suggest a healthier activity
- ... to stand up against peer pressure