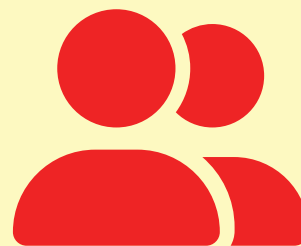


MOMENTS TO BE A GOOD FRIEND

Don't let alcohol get in the way of your friendships. Research shows alcohol can lead to relationship problems and fighting. Plus, most Illinois teens report that their friends feel it's wrong for them to drink.

Keep your friendships **strong** by not drinking and showing up for those you care about. Remind your friends that they don't need alcohol to be cool. If you know someone struggling with alcohol use, talk with a trusted adult.

Source: <https://tinyurl.com/33vh5kwt> | <https://tinyurl.com/4ypu46xm>



Other friend hacks:

- 1 Show gratitude for your friends.
- 2 Be a good listener.
- 3 Plan activities you both like.

NOT MISSING THE MOMENT

MOMENTS TO BRING YOUR A-GAME

Whether working to win a **big match** or master a **new creation**, your greatest performance requires **focus**. You can't expect your best if you drink underage.

How so?

Our brains naturally release a chemical called norepinephrine to help us pay attention. Within minutes of drinking, alcohol reaches the brain and interferes with this process, shortening attention span and making it harder to concentrate.

Give your goals the full focus they deserve. Succeed alcohol-free.

Source:<http://bit.ly/3lXr8MJ>



Other steps to succeed:

- 1 Write down your goals.
- 2 Look to a role model for inspiration.
- 3 Keep going, even when you face setbacks.

NOT MISSING THE MOMENT

MOMENTS TO BE IN CONTROL

Keep your **cool** by choosing not to drink. Alcohol impairs the part of the brain responsible for self-control. It dulls the brain signal that warns people they are making a mistake. Those drinking may know they're making a bad choice, but alcohol causes them to care less about it. That helps explain why drinking is connected to risky behavior like impaired driving, fighting, and skipping school.

Stay in control by staying away from alcohol. You have what it takes to make great choices.

Source:<https://tinyurl.com/59wrefav>

Inspiring teens:



Greta Thurnburg: named Person of the Year by Time Magazine for her climate change activism.



Jaylen Arnold: started his own nonprofit that educates children across the U.S. about preventing bullying.



Marley Dias: launched the #1000BlackGirlsBooks Twitter campaign to collect and donate books to help Black girls feel seen in children's books.

NOT MISSING THE MOMENT