



IT'S THE WAY YOU DO THE THINGS YOU DO.

TAKE THE NEXT STEP.

When you were little your parents and caregivers were the ones teaching you right from wrong – but now it's up to you to decide. What have you learned about drinking alcohol? Have you learned how it can mess up your grades in school and even ruin valued friendships? Deciding not to drink alcohol is the next step in using what you have been learning all along.

- Use your knowledge to decide.
- Drinking alcohol can mess up your grades and friendships.
- Growing up can change your thoughts about things, talking with a trusted adult can help you stick with the decision not to drink alcohol.

FUN FACTS

- “A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.” - Tom Stoppard
- If you're concerned about a friend who might need help choosing not to drink alcohol, talk to an adult you trust – like a parent, coach, teacher, or school counselor.



NO ONE DOES YOU BETTER THAN YOU.

MAKING A DECISION CAN BE HARD.

The one decision that can be easy is choosing not to drink alcohol. Many students feel it's wrong for someone their age to drink alcohol anyway. Making the choice not to drink is standing up for what you believe in.

What you believe in makes YOU, well, YOU!

- Many students feel it's wrong for someone their age to drink alcohol.
- Make the choice not to drink alcohol and stand up for what you believe in.
- Your beliefs about not drinking alcohol make you, YOU!

FUN FACTS

- Do you have a fear of fear? Then you have phobophobia.
- "Good habits formed at youth make all the difference." —Aristotle



NO ONE IS COOLER THAN YOU. BE TRUE.

LIGHTNING FAST REFLEXES.

You are smart and you know that drinking alcohol is a risky choice. Drinking alcohol can lead to other bad decisions and harm your body. Your body slows down when it has alcohol to process. Alcohol in your blood causes your reaction time to slow down and can lead to being injured.

- Alcohol slows your body down and you don't have the time for that.
- You know that drinking alcohol is risky and can lead to dangerous situations.
- From health to social to legal - consequences can add up when it comes to drinking alcohol.

FUN FACTS

- There are words in Spanish that cannot be translated in one word in English. An example is *empalagarse* (to feel sick because of too much sweetness in food, but also figuratively, as in romantic situations).
- A bolt of lightning is 5 times hotter than the surface of the sun.



ONLY YOU CAN PUT THE 'U' IN UNIQUE.

KEEP YOUR COOL.

Peer pressure can be hard to avoid but that isn't always a bad thing. When your friends decide not to drink alcohol it can be easier to make that same healthy decision yourself. Surrounding yourself with people who make similar decisions when it comes to not using alcohol can go a long way in helping you keep your cool.

- It can be easier not to drink alcohol if your friends don't either.
- Friends can help you keep your cool around alcohol.

FUN FACTS

- Twenty percent of the world's oxygen is created in the Amazon Jungle.
- Costa Rica has been ranked as the happiest country in the world.
- In Peru, it's traditional to give friends and family yellow underpants on New Year's Eve.



YOU DON'T BORROW COOL. YOU OWN IT.

USE YOUR PERSONAL POWER.

Peers can use their influence for many things. Peers can influence each other to play a video game instead of doing homework or choose a donut instead of an apple at lunch. Try using your influence to build up your peers and show them the best possible person they can be – by not drinking alcohol.

Use your personal power and choose to be YOU by pressuring your peers for good. Qualities like being honest and trustworthy, caring and kind, a hard worker and great teammate are really important – just like choosing not to drink alcohol!

- You have personal power!
- Build up your peers and show them the best person they can be.
- Friend Wanted: Must be kind, not drink alcohol, and trustworthy.

FUN FACTS

- The word “emoji” wasn’t added to the Oxford Dictionary until 2013.



YOU'RE A LITTLE SWEET & A WHOLE LOTTA SOMETHIN' SPECIAL.

BE KIND. BE SWEET.

Drinking alcohol harms more than your body. It can damage your relationships too. Drinking alcohol can cause you to make choices you normally wouldn't have. Many students choose not to drink alcohol because they don't want to damage the relationship they have with their parents or other loved ones.

What would drinking alcohol mess up for you?

- Drinking alcohol can cause you to do things you would not have otherwise
- I choose not to drink because I don't want to damage my relationships with friends or family, they are very important to me

FUN FACTS

- Acts of kindness make us happier and healthier.
- Many English words have been adapted to Spanish in the 20th century and have become everyday vocabulary. For instance, fútbol (football), suéter (sweater), pullover (pullover), and overol (overall).