




YOU'RE BRIGHT.

YOU'RE BRAVE.

YOU'RE STRONG.



You know what is good for you and what is not. Honestly though, feeling pressured by others can be difficult and stressful. Here are some pointers that may help.

- 1. Hang out with people who share your beliefs about healthy living.** True friends would respect how you feel and not try to pressure you into anything that didn't feel right to you.
- 2. If you find yourself in a sticky situation, get out!** If you are hanging out after school or at a party on the weekend and someone offers you alcohol, make an excuse to leave and walk away.
- 3. If you find yourself cornered, crack a joke.** The kids doing the pressuring won't know what to do with someone who doesn't take them seriously.
- 4. Keep in touch with an adult.** If you feel like you can't get yourself out of a situation, turn to a trusted adult for help or advice.

You've probably heard all this before, but that's because these things actually work! Saying no to peer pressure once makes it easier the next time and lets people know more about who you are. Those pressuring will come to understand that you are a self-confident person who thinks for yourself.

Bright, Brave, and Strong!



BEING COOL

IS YOUR

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Underage drinking just isn't cool!
It makes it difficult to concentrate,
build trustworthy relationships with
your parents, and be healthy.

Drinking alcohol can harm more than your body.
It can impact friendships and family relationships.

Drinking alcohol can lead you to make choices
and do things that you normally wouldn't have.

That is reason enough to not drink alcohol
– it puts you are risk of not being cool!

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.