



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

TAKING THE NEXT STEP.

When you were younger, 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 using marijuana? Have you learned how it can mess up your grades in school and even ruin valued friendships? Deciding not to use marijuana is the next step in using what you have been learning all along.

- Using marijuana 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 use marijuana.

Do you know who you can talk to if you want more information about how marijuana affects a person? If you're concerned about a friend who might need help choosing not to use marijuana, talk to an adult you trust – like a parent, coach, teacher, or school counselor.

THOUGHTFUL QUOTE

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier." - Tom Stoppard



**NO ONE
IS COOLER
THAN YOU.
THAT'S
TRUE!**

LIGHTNING FAST REFLEXES.

You are smart and you know that using marijuana is a risky decision. Marijuana can damage your brain and lungs – two major organs in your body! Using marijuana causes your reaction time to slow down and can lead to being injured.

- Marijuana affects the cerebellum – the part of the brain that controls balance and coordination. That can affect performance in sports and video games. You don't have the time for that!
- You know that using marijuana is risky and can lead to dangerous situations.
- From health to social to legal - consequences can add up when someone uses marijuana.

FUN FACTS

- A bolt of lightning is 5 times hotter than the surface of the sun.
- Acts of kindness make us happier and healthier.



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 use marijuana it can be easier to make that same healthy decision yourself. Surrounding yourself with people who make healthy decisions when it comes to not using marijuana can go a long way in helping you keep your cool.

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

THOUGHTFUL QUOTE

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely." — Roy T. Bennett, Author

FUN FACTS

- 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 using marijuana.

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 use marijuana!

- Use your personal power!
- You have personal power!
- Build up your peers and show them the best person they can be.

There are people you can talk to if you have questions or are concerned about someone's marijuana use. Take action and speak with a counselor.