

So Cool! Part of being happy is being healthy. Use your strength to make healthy decisions like getting enough sleep, eating foods that are good for you, and staying away from things that may harm you - like underage drinking. Being hilarious? Well, that is just fun!



**HAPPY,
HEALTHY,
AND HILARIOUS.
YOU KNOW
THAT'S YOU.
SO COOL.**

You choose your cool by being you. As simple as it may sound, we all try to be the best person we can by making the best decisions we can. We choose to strengthen ourselves by being kind and respectful. We choose to not put ourselves at risk with underage drinking. It is who you are - and that is awesome!



**THERE'S
NO ONE AS
ICE COLD
COOL
AS YOU.**

Be a support to your friends and they will be to you. Choose not to drink - together!

Middle school is a time of big changes! It can be easy to forget all you've learned about not drinking alcohol. Your parents and trusted adults have taught you right from wrong and it's time for your act. You know alcohol can mess with your body and harm your brain but remember it can also harm your friendships.



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

Peer pressure can be hard to avoid but that isn't always a bad thing. Friends can help you keep your cool around alcohol. When your friends decide not to drink alcohol it can be easier to make that same healthy decision yourself.



**YOU
DON'T
BORROW
COOL.
YOU OWN IT.**