

DID YOU KNOW?

Alcohol and marijuana slow your reaction times, making driving very dangerous.



Connecting with family and friends reduces feelings of depression.

Some medications that are prescribed by doctors can be addictive.



When you exercise, your body releases "feel-good" chemicals that boost your mood.

Meth is made in labs from dangerous chemicals which negatively affect people's brains.



Laughter releases endorphins in your brain that make you feel good – without making you crave it afterwards.

HEALTHY CHOICES

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Some people **smoke** to try to deal with **stress**.

But smoking anything can be **harmful**.



Spending time **outdoors** can help you **cope** with **stress**.

Most teens **do not** use drugs.



Talking to others during stressful times **can help** you make **healthy choices**.

When someone takes **too much** of a drug, they can **overdose** and die.



Help is available if you or someone close to you is experiencing **problems with drug use**.

For more information and support, call 2-1-1.