**January Announcements Grades 6-12**

**Substances: Staying Safe**

* Being a teen means being able to make choices about your health and safety. Saying “No!” is one way to stay safe from harmful activities like vaping, juuling, or trying drugs. Sometimes friends or others will try to get you to try things even after you say “No!” Don’t let other people put negative pressure on you.
* Did you know being safe means being aware of dangers? Non-prescribed medication, vapes/juuls/cigarettes and other drugs, including cannabis, can be a danger to your health. Get the information you need to make good decisions! Talk to a parent or trusted adult to help you make informed choices for your future.
* Think about the consequences when others try to pressure you to misuse substances, such as vapes, juuls and cannabis. If you feel uneasy or uncomfortable about doing something, try the following things:

STOP and take a moment

THINK about the activity and the possible benefits or consequences it might have if you do it

DECIDE what is the best thing to do; stay or leave the situation and find someone that can help you.

* To avoid peer pressure, remember that there is strength in numbers! Hang out with friends that encourage you to make healthy choices and enjoy the same activities that you do. This will help you avoid situations where other teens may be doing activities that you feel uncomfortable with.
* Avoid peer pressure to do activities that you are uncomfortable with, such as vaping, juuling or trying drugs. Take some time to think about the positive and negative influences that pressure you. Try to surround yourself with positive people as much as possible.