**Announcements Grades 6-12**

**Substances: Staying Safe**

* Jan 20 – 21 Being a teen means having more freedom of choice and making more decisions, about your health and safety. Saying “No!” is one way to stay safe from harmful activities like smoking or trying drugs. Sometimes friends or others will try to persuade you to try things even when you say “No!”. Make eye contact and stand tall when you are saying “No!”. Suggest a different activity. If this doesn’t work, leave and go to a safe place: your home, a classroom or public place where there are adults or other friends you can be with.
* Jan 22 - 23 Being safe means being aware of dangers. Prescription medication, cigarettes and other drugs, including cannabis can be a danger to your health. Substance use has consequences, be informed! Talk to a parent or trusted adult about substances so you can get information that will help you make informed choices for your future!
* Jan 24 - 28 Learn to trust your feelings. 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, find someone to tell that can help you.

* Jan 29 - 30 Remember there is Strength in Numbers! Hang out with friends that encourage you to resist unhealthy 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.
* Jan 31 – Feb 3 Avoid peer pressure to do activities that you are uncomfortable with. Take some time to think about the positive and negative influences that pressure you. An example may be: friends, media, older teens. Try to avoid the negative influences and surround yourself with positive influences as much as possible. Positive influences may include: family, friends, sports/social clubs, teachers/coaches.