

#ShowUp4Yourself #ShowUp4YourFriends

#SHOWUP4PREVENTION

MAKING HEALTHY CHOICES

MAKE A COMMITMENT TO YOUR OWN HEALTH

- Cultivate healthy friendships and relationships.
 - Surround yourself with people who appreciate your authentic self and support you in making choices that protect health and safety.
 - Be that caring friend to others.
- Prioritize your mental health: practice self-care and seek help when you need it.
 - Find healthy ways to cope with everyday stress – go for a walk, write in a journal, call a friend, listen to music, etc.
 - Know resources are available to help when you need more support (school counselors, social workers, psychologists, substance use disorder treatment and recovery support, etc.)
- Make One Choice for your health. Steer clear of alcohol, marijuana, nicotine, and other substances.



IDENTIFY A SAFE ADULT

- Who can you call/text when you need to get out of a risky situation?
- It might be a parent, coach, teacher, neighbor, faith leader, friend's parent.



FRIENDS SHOW UP FOR FRIENDS

PREVENT A RISKY SITUATION

- Be honest with your friends about your reasons for not using alcohol, marijuana, nicotine, or other drugs.
- Avoid situations where you know there will be substance use. Work with friends to come up with alternative activities that are fun (video games, hiking, shopping, movies, etc.).
- Make an exit plan with a safe adult and let them know where you will be when going out with friends.



KNOW WHAT TO DO IN A RISKY SITUATION

- Put your plan in action: use your code word to make an exit if you need to.
- Don't get in a vehicle with someone who has been using substances.
- Get help if someone is in trouble. Call 911. Most states have Good Samaritan Laws that protect you when you are protecting someone else.

"I'd rather have my friend be mad at me than lose my friend forever."



BE EMPOWERED

KNOW WHAT YOU CAN DO

- If you are concerned about a friend (mental health, substance use, suicide, violence, and/or other risky behaviors), let that person know you care.
- Connect that friend to a safe adult.
- You are not alone; ask for help when you need it.
- Know the resources that are around you – in school and in your community (counselors, social workers, psychologists, coaches, teachers, faith leaders).



#ShowUp4Yourself #ShowUp4YourFriends

#SHOWUP4PREVENTION

ENLIST CARING ADULTS

WHAT THEY NEED TO KNOW FROM YOU

- Let parents/caregivers know what they say and do matters. *"Don't just tell me not to use alcohol or drugs. Tell me why."*
 - Be informed about the risks.
 - Model healthy behaviors (e.g., use a seat belt, wear a bicycle helmet, eat healthy food, monitor Rx medications and alcohol, reflect on your own substance use).



- Tell parents/caregivers you need to be able to count on them if you're in a risky situation. *"Show up for me even if I make a choice you disagree with. Even if you're mad at me, I need you to support me."*
- Ask them to help you make One Choice not to use any substances. What are your family's expectations?
 - What will you say if you're offered alcohol or other drugs?
 - How will you be firm about your choice in a way that doesn't shame your friends or embarrass you?

FACTS FOR PARENTS



THE ONE CHOICE 5



KNOW WHERE TO GET HELP WHEN YOU NEED IT

NATIONAL RESOURCES

- Suicide Prevention Lifeline
English: 1-800-273-8255
Spanish: 1-888-628-9454
www.suicidepreventionlifeline.org
- Trevor Project (LGBTQ+ youth)
1-866-488-7386
Text START to 678-678
www.thetrevorproject.org
- SAMHSA (mental health and substance use)
1-800-662-4357 (HELP)
www.samhsa.gov/find-treatment
- National Eating Disorders Association
1-800-931-2237
www.nationaleatingdisorders.org
- National Domestic Violence Hotline
1-800-799-7233 (SAFE)
www.thehotline.org

SCHOOL RESOURCES

- Mental Health Professionals:
School Counselors, Social Workers, Psychologists
- School Faculty and Staff:
Administrators, Teachers, Coaches, Club Advisors

PARENT/CAREGIVER RESOURCE

- Partnership to End Addiction
www.drugfree.org

Learn More about One Choice

WWW.ONECHOICEPREVENTION.ORG



One Choice

