EFFECTIVE WAYS TO SAY "NO" TO DRUGS AND ALCOHOL

- Stand up straight
- Make eye contact
- Say how you feel
- Don't make excuses
- Stay calm
- Stand up for yourself!

RESOURCES:

We R Native
www.weRnative.org

Above the Influence
www.abovetheinfluence.com

The Science Behind Drug Abuse
www.teens.drugabuse.gov

TAKE A STAND.

STRENGTHEN YOUR NATION.

LIVE DRUG FREE.

CAMPAIGN PARTNERS

Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300
Portland, OR 97201
Phone: 503.228.4185
Email: npaihb@npaihb.org
www.npaihb.org

Indian Health Service
Division of Behavioral Health
801 Thompson Avenue
Suite 300
Rockville, MD 20852
Phone: 301.443.2038
www.ihs.gov

I STRENGTHEN MY NATION

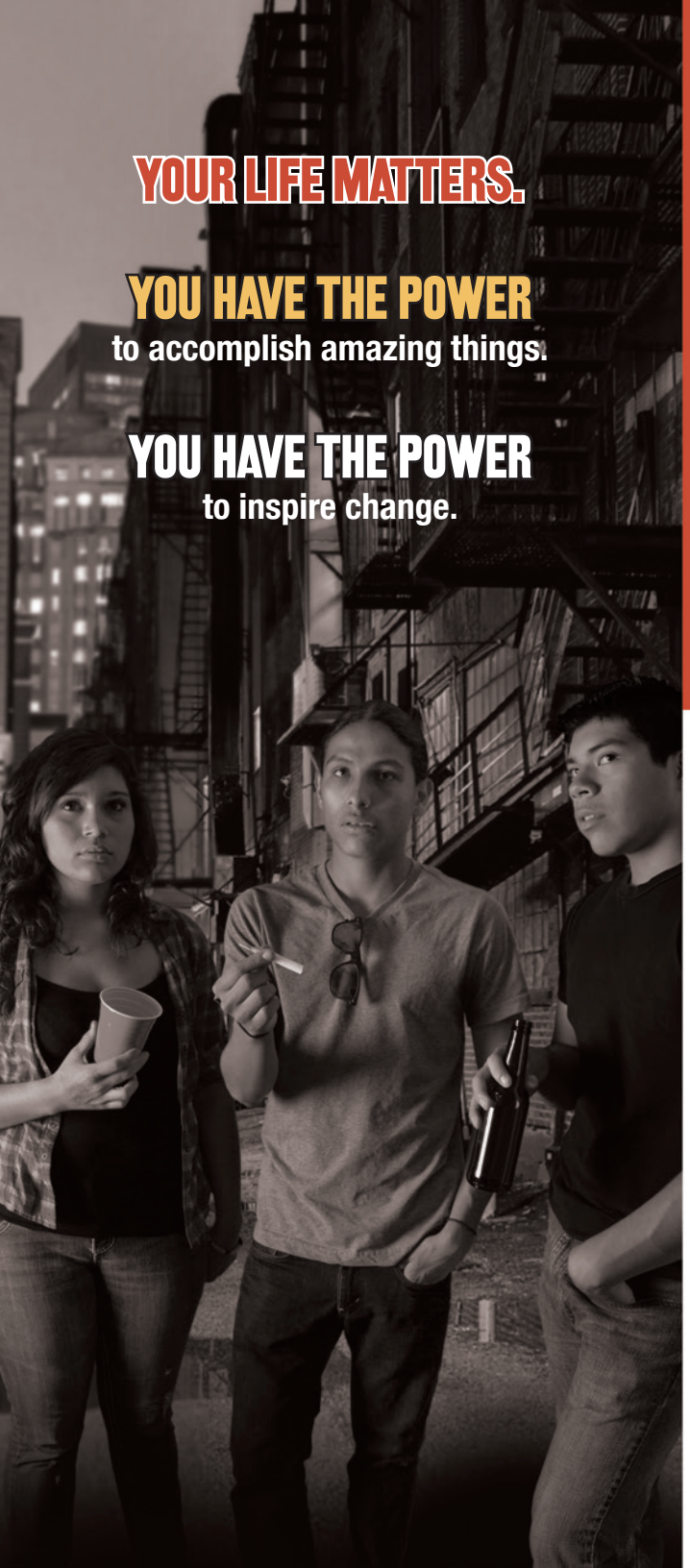
DEPARTMENT OF HEALTH & HUMAN SERVICES, USA

THRIVE

INDIAN HEALTH SERVICE · PHS · 1955 ·

I STRENGTHEN MY NATION

YOU
HAVE POWER.
YOU
INSPIRE CHANGE.
YOU
STRENGTHEN YOUR NATION.



YOUR LIFE MATTERS.

YOU HAVE THE POWER
to accomplish amazing things.

YOU HAVE THE POWER
to inspire change.

SO WALK AWAY
FROM ALCOHOL, POT, AND OTHER DRUGS.

75% of American Indian and Alaska Native teens have **NOT** used alcohol or drugs in the last month. What does this mean to you? It means you're not alone when you walk away.

WAYS YOU CAN STAY DRUG AND ALCOHOL-FREE

- Work hard in school
- Maintain strong relationships with friends and family
- Volunteer in your community
- Attend pow-wows or other community events
- Participate in drum circles
- Join a team, a club, or play sports

REASONS TO STAY AWAY FROM ALCOHOL AND DRUGS

- Addiction
- Depression
- Anxiety
- Loss of trust from family and friends
- Loss of self-control
- Poor grades
- Increased risk of STIs, HIV, and unplanned pregnancies
- Violence