

OPIOIDS RUIN LIVES



Youth Poster

KNOW THE FACTS SO YOU CAN MAKE SMART CHOICES AND BE YOUR BEST YOU!



Never take a pill that wasn't prescribed directly to you.



Never take a pill from a friend.



Never take a pill you bought online or on social media.



Just one pill is dangerous, and one pill can kill.

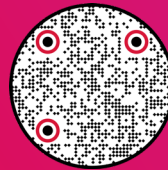
SCAN THE QR CODES TO WATCH EACH STORY.



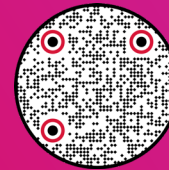
COLLEGE



ER



PARTY



SPORTS

REMEMBER...

YOU ARE NOT ALONE

One in four youth under the age of 18 lives in a family where a person abuses alcohol or suffers from alcoholism. Countless others are affected by a family member or caregiver's use of drugs. Many teens are in your situation and it's important to recognize and deal with it. You are not alone!

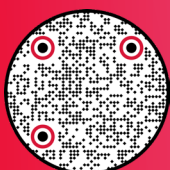
TAKE CARE OF YOURSELF

Talk with a trusted and caring adult like a teacher, school counselor or nurse, doctor, pastor, a friend's parent, grandparent, aunt or uncle, or neighbor who will listen and help you deal with problems at home. You deserve help, ask for it!

TIPS TO TALK TO YOUR PARENT/GUARDIAN

- Check in frequently with them to let them know how you're doing.
- Choose informal times to talk, such as in the car, during dinner, or watching TV.
- Be clear about your feelings and concerns regarding opioids and other drug use.
- Spend time together doing social and extracurricular activities.
- Let them know you need them and want their help.
- Continue talking as you get older.

LEARN MORE AT: BESMARTDONTSTART.COM



SCAN TO FIND HELP!

Guide made possible by funding through the Alabama Department of Child Abuse and Neglect Prevention.

