# 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!



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 MYNATION



## YOUR LIFE MANTIERS.

## 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.

## REASONS TO STAY AWAY FROM Alcohol and drugs

#### 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

- 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