

It could ruin my goals and ambitions in life

KILLS MY BRAIN CELLS

It's easy to have fun in other ways

I respect my body and my mind

It affects my education and athletics

I am stronger than that

I would get kicked off my team

I WANT TO REACH MY HIGHEST POTENTIAL

I'LL REGRET IT

It will set back my hard work and training

It would impact the rest of my life

I won't get into my first choice college

it's bad for my body

I don't feel the need to use

I WANT ME AND MY FRIENDS TO STAY SAFE

it can ruin my future



MOST CASCO BAY TEENS CHOOSE NOT TO USE ALCOHOL OR DRUGS FOR GOOD REASONS

THINK ABOUT THE CONSEQUENCES BEFORE YOU USE



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