



**Start Early.  
Stay Strong.  
Be Secure.**

**On the  
roller coaster of life,  
your kids look to you  
to keep them safe.**

**#BeTheHarness**



**When young people get on a roller coaster, they push against the harness to test if it will hold and keep them safe.**

**When our youth push against us,  
they are also testing to make sure we will protect them.  
Setting clear and consistent expectations about NOT drinking  
or using drugs helps keep youth safe and lets them know you care.**

RyeACT is a coalition of local organizations and individuals committed to promoting long term health and wellness by inspiring youth, parents, and community leaders to foster healthy behaviors and reduce youth substance use.



**RYEACT.com**

