

# SUMMER IS NEARLY HERE!

## Make the Most of It and Prioritize Your Health

The summer months can be a time for new opportunities, gaining work experience, forging friendships, and finding time for rest and relaxation. This summer, prioritize your mental health and practice self-care.

### Stay Safe

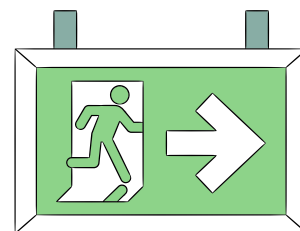
- Communicate with the trusted adults in your life. Let them know where you are going and who you are with.
- Create an "exit" plan in case you end up in a risky situation.
- Avoid situations where you know there will be substance use. Talk with friends and come up with alternative activities that are fun.
- Don't get in a vehicle with someone who has been using alcohol, THC/marijuana, or other substances.
- If you or a friend are in a risky situation and someone needs help, don't be afraid to call 911. NY State Good Samaritan law protects you when you help others.



*It's ok to not be ok. Get help!*

### Did You Know?

- Young people are at an increased risk for problems related to substance use because the brain continues to develop until the mid-20s.
- Alcohol, nicotine, and THC/marijuana are now put into foods and drinks that look like regular products including candy, cereals, ice cream, soda, ice tea, lemonade, and more. Don't be tricked into using them. None of these products is safe for young people.
- Don't take a pill from anyone – if it's not prescribed to you by a medical professional and purchased at a pharmacy, it can harm you.



### Make Smart Choices

- Know that most teens **DON'T** use substances.
- **#ShowUp4Yourself** - Just as you wear a seat belt or use a helmet, you can make One Choice not to use any substances for your health.
- **#ShowUp4YourFriends** - Friends help friends to be their best selves; this includes helping one another make choices that keep you healthy and safe.
- Find healthy ways to cope with everyday stress - be active, get outside, talk to a friend, listen to music...

*Substances are not always as they appear.*



*Can you tell which pills are real and which contain illicit fentanyl?*



[www.RyeACT.com](http://www.RyeACT.com)



**One Choice**



[www.OneChoicePrevention.org](http://www.OneChoicePrevention.org)