

# I AM THE SOLUTION

## BE INFORMED

- Young people need consistent boundaries and limits from adults to promote healthy development
- Adults need accurate information about alcohol, tobacco, and other drug use AND the ability to use this information when responding to young people who have used or may use various substances.
- It is never too early to start having conversations with young people about the dangers and risks of substance use.

## BE INVOLVED

- Adults have a responsibility to be a positive role model regarding the use of alcohol, tobacco, and other drugs.
- Young people are better equipped to manage peer pressure with positive adult influences in their lives.

## BE INVESTED

- Adults need to respond to any and all substance use by young people, stressing that any use is a serious issue.
- Adults should encourage young people to abstain from the use of alcohol, tobacco, and any other drugs (not prescribed by a medical professional) due to the risk they pose to healthy development.

---

EVERY MOMENT IS AN OPPORTUNITY TO MAKE A DIFFERENCE



IAMTHESOLUTION.NET