

# be for real about drugs & alcohol

our minds matter

how can you make smarter, safer choices?

## let's get real



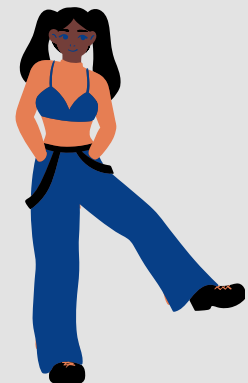
We're not here to tell you what to do--you already know that the only truly legal and safe thing to do is to not use drugs or alcohol at all. But that's not the reality for a lot of people, and many teens will choose to drink or use drugs socially. So then what?

## make an informed choice

Make sure you know the REAL risks before deciding to use drugs and alcohol. We're not trying to scare you--we just want you to be sure about your choices. Check out explanations at [bit.ly/substanceuse-whattoknow](https://bit.ly/substanceuse-whattoknow)

## the goal? be smartER and safer

Nothing can make using substances 100% safe for you and your friends. Check out the next page for simple, realistic, and science-based tips to be safer and smarter if you choose to drink or use drugs.



**A gentle note that these tips are not intended for folks with addiction or dependency issues. If you or a friend is struggling with addiction, call the free & confidential SAMHSA hotline at 1-800-662-4357.**

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Be smart, be safe, and make it home!

## have a plan

While you're sober, make a plan for where you're staying that night, how you're getting there without driving, and who you're leaving with. If you wait until you're intoxicated, you might make some bad or even dangerous decisions.



## buddy system

Choose at least one trusted friend to be your "buddy" for the night. It's dangerous to take drugs when you are alone. Having a trusted family member or friend around can be helpful as they can look for the signs of an overdose and take actions should an overdose occur.

## drink responsibly

Eat a meal and drink lots of water beforehand. Alternate with water in between each drink, & make your own drinks so you can control the amount of alcohol. Pace yourself & stick with one alcohol all night-it's not a competition. It might seem fun to skip these tips to get drunk faster, but it could end up ruining your night--or worse.



## know & test drugs

Always test them beforehand to make sure it's not laced with fentanyl or other dangerous substances. Never take a drug if you don't know what it is or how much to take, and never accept or buy from a stranger. And yes, you should stick with one substance to avoid overdosing.

## spot emergency signs

the party is over if these show up in anyone:

- unconscious or not easy to wake
- difficulty breathing
- excessive vomiting
- cold or clammy skin
- seizure
- gurgling sounds
- extreme confusion

**call 911 immediately & stay with them**



Learn about medical amnesty at [medicalamnesty.org](https://www.medicalamnesty.org)

Sources: [better health](#), [the drug policy alliance](#), [SAMHSA](#)