

**You can't push a pause button on life, but you
CAN make choices that set you up for success**



like saying **NO to underage drinking.**

NOT A GAME

It's not always the easiest decision to make, but it's the smartest one.

Here are some pointers that may help:

- 1. Hang out with people who share your beliefs about healthy living. True friends respect how you feel and don't try to pressure you into anything that doesn't feel right.**
- 2. If you find yourself in a sticky situation, get out! If you are hanging out after school or at a party on the weekend and someone offers you alcohol, make an excuse to leave and walk away.**
- 3. If you find yourself cornered, crack a joke. The kids doing the pressuring won't know what to do with someone who doesn't take them seriously.**
- 4. Keep in touch with an adult. If you feel like you can't get yourself out of a situation, turn to a trusted adult for help or advice.**

DRINKING ISN'T A GAME

and it's good to have
a strategy to help you
SAY NO TO ALCOHOL.



NO ES UN JUEGO

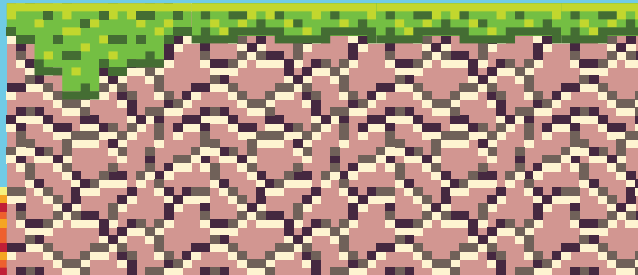
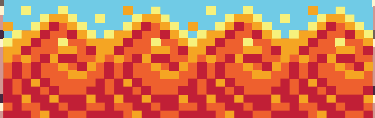
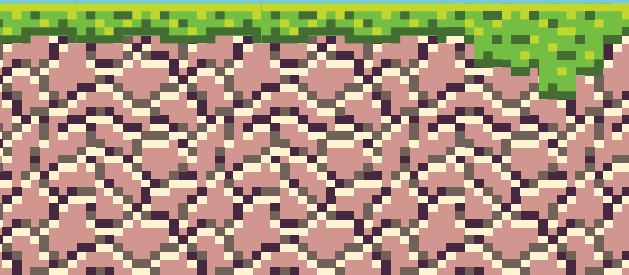
Playing it smart
is not drinking
underage. That
will help you win
in real life!

I DONT PLAY THAT




NOT A GAME

**GOALS AND ACHIEVEMENTS TAKE
FOCUS. UNDERAGE DRINKING CAN MESS
WITH THAT, LEAVING ME DEFEATED.**

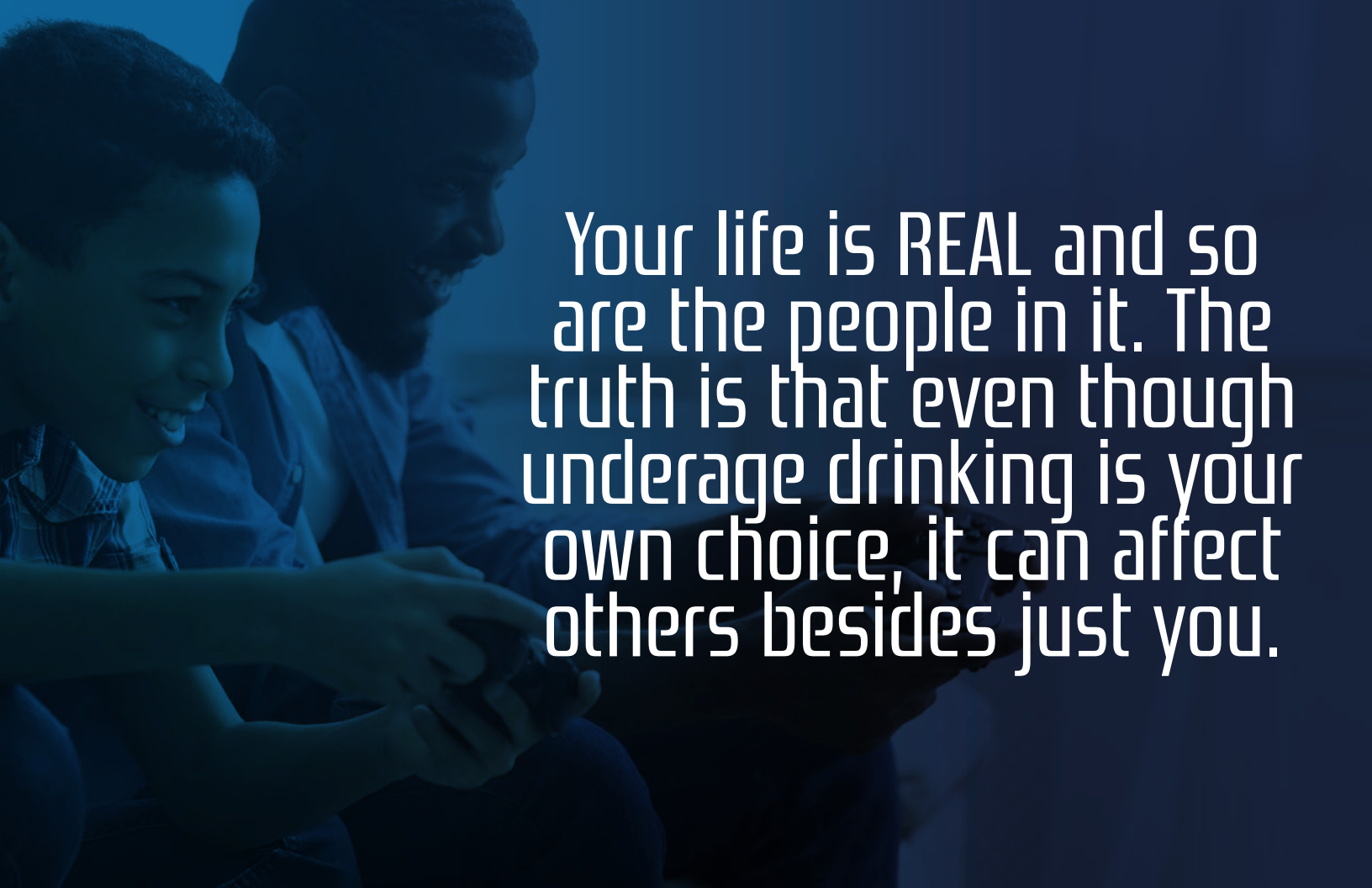




**MY VICTORY IS
LIVING
ALCOHOL-FREE.**



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

A young man and woman are shown in profile, smiling and looking at a smartphone together. The image is overlaid with a dark blue tint. The text is positioned on the right side of the image.

Your life is REAL and so
are the people in it. The
truth is that even though
underage drinking is your
own choice, it can affect
others besides just you.



Not a Game

Drinking alcohol can hurt
your relationships with
people you care about
- like your friends and
family. That's not cool!