

# MY LIFE

I always look forward to growing and learning new things. Drinking alcohol can interfere with my memory and concentration. I'm NOT doing that to myself.

# BY Design

# MY LIFE

There's a lot of things I can't control in life, but I do control what I put in my body. I don't drink alcohol because I know it puts my mind and relationships at risk. It's my choice.

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# MY LIFE

EVERY DAY I'M WORKING  
TOWARDS BEING A BETTER  
ME. I KNOW MY BEST  
SELF DOESN'T INCLUDE  
UNDERAGE DRINKING.

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# MY LIFE

I surround myself with people who like me for me. I won't change what I stand for or let them down by drinking underage.

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# MY LIFE

I'M AN INSPIRATION  
BECAUSE I REFUSE TO  
DRINK UNDERAGE. IT  
KEEPS ME BEING THE  
BEST FRIEND, STUDENT,  
AND LEADER I CAN BE.

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# MY LIFE

SOMETIMES MY LIFE  
CAN FEEL LIKE A  
JUGGLING ACT, BUT I  
LIKE STAYING BUSY. IT  
KEEPS ME FOCUSED  
AND OUT OF TROUBLE.  
I CAN'T AFFORD TO  
RISK IT ALL BY  
DRINKING ALCOHOL.

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# MY LIFE

I OWN MY CHOICES,  
LIKE CHOOSING NOT  
TO DRINK ALCOHOL.  
I'VE GOT TOO MUCH  
AHEAD AND TOO  
MUCH IN FRONT OF  
ME TO PUT MY  
HEALTH AT RISK.

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# MY LIFE

I MIGHT NOT BE  
EXACTLY WHERE I  
WANT TO BE YET, BUT  
I'M GETTING THERE.  
DRINKING COULD GET  
IN THE WAY OF THAT  
PROCESS, AND I'M  
NOT LETTING THAT  
HAPPEN.

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# MY LIFE

**I make decisions  
knowing that someone  
always has eyes on me.**

**Parents... siblings...  
coaches. I choose to live  
alcohol-free because  
I'm not letting the  
people who care about  
me down. I'm making  
them proud.**

**By  
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