

MY LIFE BY DESIGN

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 Service Administration.

100% ME
ALCOHOL FREE

THERE'S A LOT OF THINGS I CAN'T CONTROL IN LIFE,
BUT I CAN CONTROL MY DECISION NOT TO DRINK UNDERAGE.
ALCOHOL CAN NEGATIVELY AFFECT MY MENTAL AND INCREASE MY RISK OF
DEPRESSION AND ANXIETY. IT CAN ALSO INCREASE MY CHANCES OF GETTING
IN A FIGHT OR GETTING INJURED. CHOOSING NOT TO DRINK UNDERAGE IS THE
SMART CHOICE, AND IT'S MY CHOICE.

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