

Toilet Talk

Issue # 2

How to Make New Friends

1. **Crack a joke!** Having a sense of humor is contagious.
2. **Listen more than you talk.** Add your own thoughts, but don't take over the conversation.
3. **Say "Hello" to people who don't say much.** Share something about yourself with them, and try to find things you're both interested in.
4. **Be patient.** Give people time to get to know you.
5. **A great way to start a conversation with someone new is to ask for advice.** Even for something simple—like asking for the best place to eat!
6. **Be confident.** People like people who like themselves.
7. **Be optimistic!** A positive outlook will make people want to be around you more.

8. **Share your ideas.** Your thoughts can open up many doors that can lead to friendship.
9. **Don't expect perfection out of anyone, especially yourself.** Be willing to give people a second try to make a good impression!
10. **Be your own best friend!** You have to love yourself.



Source: www.wikihow.com

I choose not to do drugs because I want to be healthy.

FIND YOUR REASON

Source: www.findyourreason.org

Wake up!

The Buzz About Caffeine

Quick Facts:

- * Considered a drug because it stimulates your central nervous system
- * Found in tea, coffee, chocolate, soft drinks, and pain relievers
- * May cause headaches, muscle aches, and irritability if you suddenly stop consuming it
- * Doctors recommend only taking in about 100 milligrams per day — one soda has 35-55 milligrams



Source: <http://www.kidshealth.org>

INHALANTS

Household products that people breathe in to get high are considered inhalants.

Short Term Effects:

- You feel less in control and are more likely to do things you wouldn't normally do
- Can lose consciousness (pass out)

Long Term Effects:

- Damage to the brain and nervous system
- Damage to the heart, lungs, liver, and kidneys
- Affects your thinking, vision, movement, and hearing

Fatal Effects:

- Sniffing a chemical can cause heart failure and death

Source: www.theantidrug.com

Did you know!?!?

85% of the US population develops acne between the ages of 12-25?!

Source: www.about.com

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

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Approved by: