

Toilet Talk

Issue # 1 2007

I choose not to do drugs because I want to graduate from high school.

FIND YOUR REASON

Source: www.findyourreason.org

Get Involved.

If you think the idea of staying at school longer than you have to is a bad one. Think again.

After-school programs such as sports teams, band, creative writing, art, and a ton of other things offer you endless opportunities.

Such as...

- Learning new skills
- Prepare you for a successful career
- Improve your grades
- Help you develop healthy relationships with others

So when the last bell rings, stick around for awhile, you may learn a little something extra!

Source: www.SafeYouth.org

82% of area 8th graders talk to their parents about drugs and alcohol.

Talk to your parents. They will understand.

Source: 2005 Youth Data Survey

GOT MILK?

Or yogurt? Or cheese? Or green leafy veggies?

These all provide a source of Calcium, which is necessary for our bodies to stay strong and healthy. In fact, 99% of Calcium in your body is stored in your teeth and bones.

How much do you need?
2-3 servings per day, which could be anything from a cup of milk to 8 oz. of yogurt.

Keep your smile beautiful and your bones strong!

Source: www.nlm.nih.gov

Stay Active!

68% of area 8th grade students participate on sports teams.

Source: 2005 Youth Data Survey

Will drinking affect *me*?

Yes.

Teenagers who start using alcohol before age 15 are **four** times more likely to become alcohol dependent than young adults who start drinking at the legal age of 21.

Some other consequences of drinking alcohol include increased risky sexual behavior, poor school performance, and increased risk of suicide and homicide.

Source: www.cdc.gov

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