

Careful consumption



Guidelines for living drug-free

Look for information from different sources and don't get carried away by what your friends say or what you read on social media.

Adopt a critical stance.

Ask trusted adults any questions you may have about drugs. **Learn.**

Say no to using drugs. This is mature and healthy behaviour. You will be respected for it.

If your friends are pressuring you to use drugs, don't get carried away. Your opinion is much more important. **Make your own decisions.**

You have the right to refuse contact with people who don't respect your opinions and behaviours. **Choose who you share your life with.**

Engage in healthy and diverse leisure activities such as playing sports, playing an instrument, reading, or going to the cinema with friends. **Have varied hobbies.**

Don't use drugs as a way of solving problems or feeling better. **If you're not feeling well, talk to someone you trust.**



REMEMBER...

- ▶ Drugs (legal or illegal) are substances that **alter the way we think, feel and act.**
- ▶ Drug use **can have serious consequences** (physical, mental, family, education, etc.).
- ▶ Minors are **more seriously affected, and risks appear earlier than in adults.**