

For more resources, visit the Laytonville Healthy Start office at 44400 Willis Ave—(707) 984-8089
For more on the science of Drug Abuse, check out: <http://teens.drugabuse.gov/>

Many parties are a safe way to have fun with your friends, but many aren't safe, so you should know how to protect yourself.

The younger you are when you start to drink alcohol or drugs, the more likely you are to someday become an addict.

If you are at a party and there aren't any sober drivers or it isn't safe, call your parents or another trusted adult. They'll be relieved that you're making a safe decision instead of driving with someone who had been drinking.

IN THE KNOW! Parties

If you're under the age of **21** it is **illegal** for you to drink any alcohol; if you are under the age of **18** it is **illegal** for you to use tobacco; no matter how old you are it is **illegal** to use any other illicit or prescription drugs (unless they're prescribed to you).

BE SMART, BE SAFE!



KEEP
CALM
AND
PARTY
SAFE

Take Care Of Yourself!

- **Watch out for your friends, and ask them to watch out for you!**
- **Use the buddy system—never go to a party by yourself, always go with a trusted friend**
- **Don't leave your drink unattended**
- **Never feel pressured to do something you don't want to do**
- **Intervene if you see someone giving or getting unwanted sexual attention; remember only a sober person can give consent**
- **Never drive or get into a car with anyone who has been drinking, even just a little; call a friend or parent to give you a ride if you need to**
- **If things get violent or sketchy, LEAVE!**
- **Talk with your friends ahead of time about how you see the evening going; support each other in having a good time, but being safe**

Alcohol poisoning can happen to even the most experienced drinkers—if someone who has been drinking passes out and you can't wake them up, call 911! It's better to be safe than sorry when it comes to life and death situations.