

TEEN GUIDE TO SUBSTANCE USE DISORDER

HELP YOURSELF AND YOUR FRIENDS
STAY SOBER AND HEALTHY

**OPERATION
PREVENTION**

Discover • Connect • Prevent



NEED THE FACTS OR MORE INFORMATION?

<https://tinyurl.com/teensdrugabuse>
<https://tinyurl.com/opsdstudent>

DO YOU OR A FRIEND NEED HELP?

<https://tinyurl.com/up2sdhotline>
<https://tinyurl.com/samhsahotline>

KNOW YOUR COUNTY RESOURCES:

<https://tinyurl.com/bhsservices>
<https://tinyurl.com/sandiego211>

WHAT ABOUT VAPING?

<https://tinyurl.com/fnlvapinginfo>

WANT TO JOIN OTHER STUDENTS IN PREVENTION EFFORTS?

<https://tinyurl.com/fnlsandiego>


TIPS ON AVOIDING SUBSTANCE USE

IT'S OK NOT TO USE DRUGS, ALCOHOL, OR VAPE

78% of San Diego teens do not currently use drugs, alcohol, or tobacco products.

58% have never even tried drugs, alcohol, or tobacco products one time.

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SAN DIEGO COUNTY
**Friday
Night
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PARTNERSHIP



GIVE A REASON FOR SAYING "NO"

Be honest. Honest answers are more easily accepted by others.

"I want to keep a clear head."

"I could get suspended from the team."

"My parents would be mad if they found out."

SHOW YOUR CONCERN FOR OTHERS

Express your concern for those trying to persuade you.

"I'd be really sad if anything happened to you."

"What would your parents do if they found out you were using drugs?"

SUGGEST SOMETHING ELSE

Try to persuade your friends to do something fun that's safer or healthier.

"Let's go out back and play volleyball."

"I'd rather dance and eat something. I'm starved."