WHEN IT GETS REAL

Your friend won't wake up.

After drinking or using, someone is hard to wake, breathing slowly or irregularly, not breathing, or having a seizure.

Call 911 now.

Do not wait for every sign. Do not leave them to "sleep it off."

01 Tell the dispatcher your exact location and what is happening.

02 If opioids may be involved, give naloxone if available. Follow its directions.

03 Follow the dispatcher's instructions for CPR or rescue breaths.

04 If breathing normally but unresponsive, place them on their side. Stay until help arrives.



You can call even if you do not know what they took.

SAVE A LIFE / CALL 911

YOU STILL GET A NEXT STEP

You do not have to hit bottom.

Never used? Keep that choice. Already using or finding it hard to stop? A counselor or healthcare professional can help you make a plan.

Try: "I'm using more than I want to. Can you help me make a plan?"



My next step

Someone I can ask for support:

_____

A question I want to ask:

_____

Sources: [1,3,4] cdc.gov; [2] niaaa.nih.gov

988 Suicide & Crisis Lifeline

Call or text 988 for support in a crisis.

You're not alone.

Progress is Progress LLC

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09 / TEENS / AGES 13–18

Real Talk

VAPING, ALCOHOL, AND DRUGS



Your life. Your next move.

If use is already part of your life, this is for you, too.

A quick reality check

VAPES / NICOTINE





Nicotine can hook you quickly and harm attention and learning. Vape aerosol is more than water vapor. [1]

ALCOHOL



Too much can stop breathing. Mixing with opioids or sedatives raises overdose risk. [2]

WEED / THC



THC can affect memory, attention, coordination, and reaction time. [3]

PILLS / UNKNOWN SUBSTANCES

Counterfeit pills may contain fentanyl. You cannot tell by looking. Never take someone else's prescription medicine. [4]

"It's no big deal."
What would I want a friend to know?



What is it doing for you?

Use your own experience, or think about what might pull someone toward using.

CIRCLE WHAT FITS



Less stress / Fitting in / Sleep

Numbing feelings / Curiosity

Other: _____

What do I hope it changes?

WHAT IT TAKES FROM ME

Think about money, mood, energy, school, or people who matter to you.

Another way I could meet that need:

Try a quiet pause, a gentle breath, or a text to someone safe.

Your next real move

THE SITUATION

Your friends are using. Your ride joins in.

Do not drive impaired or ride with someone who is.



What would I do first?

A TEXT I COULD ACTUALLY SEND

"I need a safe ride. Can you call me?"

My words / who I could contact:

When stress or an urge hits, I can:

One step I can take in the next 24 hours: