



2020

2020	JANUARY	S	M	T	W	T	F	S
					1	2	3	4
		5	6	7	8	9	10	11
		12	13	14	15	16	17	18
		19	20	21	22	23	24	25
	APRIL	26	27	28	29	30	31	
					1	2	3	4
		5	6	7	8	9	10	11
		12	13	14	15	16	17	18
		19	20	21	22	23	24	25
	JULY	26	27	28	29	30		
					1	2	3	4
		5	6	7	8	9	10	11
		12	13	14	15	16	17	18
		19	20	21	22	23	24	25
	OCTOBER	26	27	28	29	30	31	
					1	2	3	
		4	5	6	7	8	9	10
		11	12	13	14	15	16	17
		18	19	20	21	22	23	24
		25	26	27	28	29	30	31

	FEBRUARY	S	M	T	W	T	F	S
								1
		2	3	4	5	6	7	8
		9	10	11	12	13	14	15
		16	17	18	19	20	21	22
	MAY	23	24	25	26	27	28	29
							1	2
		3	4	5	6	7	8	9
		10	11	12	13	14	15	16
		17	18	19	20	21	22	23
	AUGUST	24/31	25	26	27	28	29	30
							1	
		2	3	4	5	6	7	8
		9	10	11	12	13	14	15
		16	17	18	19	20	21	22
	NOVEMBER	23/30	24/31	25	26	27	28	29
		1	2	3	4	5	6	7
		8	9	10	11	12	13	14
		15	16	17	18	19	20	21
		22	23	24	25	26	27	28
		29	30					

	MARCH	S	M	T	W	T	F	S
		1	2	3	4	5	6	7
		8	9	10	11	12	13	14
		15	16	17	18	19	20	21
	JUNE	22	23	24	25	26	27	28
		29	30	31				
				1	2	3	4	5
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
	SEPTEMBER	20	21	22	23	24	25	26
		27	28	29	30			
				1	2	3	4	5
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
	DECEMBER	20	21	22	23	24	25	26
		27	28	29	30	31		

2021

2021	JANUARY	S	M	T	W	T	F	S
		3	4	5	6	7	8	9
		10	11	12	13	14	15	16
		17	18	19	20	21	22	23
	APRIL	24/31	25	26	27	28	29	30
						1	2	3
		4	5	6	7	8	9	10
		11	12	13	14	15	16	17
		18	19	20	21	22	23	24
	JULY	25	26	27	28	29	30	
						1	2	3
		4	5	6	7	8	9	10
		11	12	13	14	15	16	17
		18	19	20	21	22	23	24
	OCTOBER	25	26	27	28	29	30	31
							1	2
		3	4	5	6	7	8	9
		10	11	12	13	14	15	16
		17	18	19	20	21	22	23
		24/31	25	26	27	28	29	30

	FEBRUARY	S	M	T	W	T	F	S
		7	8	9	10	11	12	13
		14	15	16	17	18	19	20
		21	22	23	24	25	26	27
	MAY	28						
							1	
		2	3	4	5	6	7	8
		9	10	11	12	13	14	15
		16	17	18	19	20	21	22
	AUGUST	23/30	24/31	25	26	27	28	29
		1	2	3	4	5	6	7
		8	9	10	11	12	13	14
		15	16	17	18	19	20	21
	NOVEMBER	22	23	24	25	26	27	28
		29	30	31				
		1	2	3	4	5	6	
		7	8	9	10	11	12	13
		14	15	16	17	18	19	20
		21	22	23	24	25	26	27
		28	29	30				

	MARCH	S	M	T	W	T	F	S
		7	8	9	10	11	12	13
		14	15	16	17	18	19	20
		21	22	23	24	25	26	27
	JUNE	28	29	30	31			
				1	2	3	4	5
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
		20	21	22	23	24	25	26
	SEPTEMBER	27	28	29	30			
					1	2	3	4
		5	6	7	8	9	10	11
		12	13	14	15	16	17	18
		19	20	21	22	23	24	25
	DECEMBER	26	27	28	29	30		
					1	2	3	4
		5	6	7	8	9	10	11
		12	13	14	15	16	17	18
		19	20	21	22	23	24	25
		26	27	28	29	30	31	

2022

2022	JANUARY	S	M	T	W	T	F	S
								1
		2	3	4	5	6	7	8
		9	10	11	12	13	14	15
		16	17	18	19	20	21	22
	APRIL	23/30	24/31	25	26	27	28	29
							1	2
		3	4	5	6	7	8	9
		10	11	12	13	14	15	16
		17	18	19	20	21	22	23
	JULY	24	25	26	27	28	29	30
							1	2
		3	4	5	6	7	8	9
		10	11	12	13	14	15	16
		17	18	19	20	21	22	23
	OCTOBER	24/31	25	26	27	28	29	30
		2	3	4	5	6	7	8
		9	10	11	12	13	14	15
		16	17	18	19	20	21	22
		23/30	24/31	25	26	27	28	29

	FEBRUARY	S	M	T	W	T	F	S
				1	2	3	4	5
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
	MAY	20	21	22	23	24	25	26
		27	28					
		1	2	3	4	5	6	7
		8	9	10	11	12	13	14
	AUGUST	15	16	17	18	19	20	21
		22	23	24	25	26	27	28
		29	30	31				
		1	2	3	4	5	6	
	NOVEMBER	7	8	9	10	11	12	13
		14	15	16	17	18	19	20
		21	22	23	24	25	26	27
		28	29	30	31			
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
		20	21	22	23	24	25	26
		27	28	29	30			

	MARCH	S	M	T	W	T	F	S
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
		20	21	22	23	24	25	26
		27	28	29	30	31		
JUNE				1	2	3	4	
	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30			
SEPTEMBER					1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	
	25	26	27	28	29	30		
DECEMBER					1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	
	25	26	27	28	29	30	31	

YOU HAVE OPTIONS



THERE ARE ENDLESS
OPPORTUNITIES
FOR YOU TO MAKE
POSITIVE CHOICES
FOR YOUR FUTURE.

COURAGE POWER INTEGRITY
POSITIVE SUCCESS HONESTY
LEADER BRAVE CONFIDENT
TRUST COMPASSION STRONG

THE BRAIN

*doesn't fully develop until
the age of 25. Early use
of drugs & alcohol can
negatively affect:*

MEMORY



EMOTIONS



MOTIVATION



KNOWLEDGE

DRUGS & ALCOHOL
CAN AFFECT REASONING
& YOUR ABILITY TO MAKE
SAFE DECISIONS.



E-CIGARETTES CAN CAUSE
NICOTINE POISONING IF A PERSON OR A PET
DRINKS, SNIFFS, OR TOUCHES THE LIQUID INSIDE.

COMMUNICATION



IF YOU OR SOMEONE YOU KNOW STRUGGLES WITH
ADDICTION, ANXIETY, DEPRESSION, OR BULLYING
TALK ABOUT IT WITH SOMEONE YOU TRUST.



DON'T MIX
DRIVING WITH

- **DRUGS**
- **TEXTING**
- **DRINKING**

Data adapted from www.teens.drugabuse.gov