

NAME _____



6 STEPS TO RISE ABOVE



1. GET THE FACTS

Don't trust everything you hear about drugs. What is one fact you know or learned today about Meth?



2. THINK ABOUT THE UP SIDE

What are some opportunities that people in the stories lost? What are opportunities you look forward to? List some of the short- and long-term goals that are important for you to protect.



3. TAKE ACTION

List three actions you can take to move you towards your short- and long-term goals.



4. KNOW YOUR RISKS AND SUPPORTS

Risky situations can be counteracted by taking advantage of your supports. List some things that give you strength or help you rise above the tough times.



5. PRACTICE YOUR RESPONSE

It's important to know and practice what you're going to say if someone offers you drugs. Write down some key words that will remind you of what you practiced during times of pressure. These may even be song lyrics or quotes that are motivating to you.



6. ADVOCATE FOR YOURSELF AND OTHERS

Sometimes helping those you care about means turning to other trusted people or resources for help. Make a short list of resources, including people, you may turn to. Don't forget about Safe2TellCO.org and 1-844-493-TALK (8255).
