

Get into the game.
Increase your knowledge.
Reach out for help when you need it.
Let your talents shine.
Play and have fun.
Offer to help others.
Write your feelings out.
Exercise your mind and body.
Refuse to use alcohol, drugs, and tobacco.

Have You Got It?

Girl Power!

We've Got the Power to Be Drug Free!

<http://www.health.org/gpower>
1-800-729-6686