For great ideas and free materials call

1-800-93-RA-DAR
Idaho RADAR Network Center

Don’t Start!
Be Smart!

http://www.boisestate.edu/RA-DAR
or VISIT...

Center for Substance Abuse Prevention
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

Don’t Start!
Be Smart!

No Drugs or Tobacco, together.”
My Name

Draw your dream:
Who I want to be like:
What I want to be:
Dream about:

3) Get Involved:
Help other people or join a group:

2) Be nice to myself:

Call a friend:
Write your best friends’ numbers here:
Say "No, I’m smart, I’d rather..."

Alcohol, Tobacco, or Drugs:
Want some but if someone asks you...