



# Benefits of Staying Drug, Alcohol and Tobacco Free

..... **Here are some factors to consider for “not using” drugs, alcohol and tobacco:**

- Won't get arrested for underage drinking, smoking or for the possession of illegal drugs.
- Won't become an alcoholic, a chain-smoker or addicted to drugs.
- Won't be driving a car while under the influence of alcohol or drugs and risk causing a serious crash.
- Won't get violent due to being drunk.
- Will learn how to deal with life's problems in a healthy way instead of using chemical crutches to escape them.
- Won't lose a job because the boss smells alcohol on your breath or wonders why you can't concentrate on what you're doing.
- Won't get pregnant (or get a girl pregnant) while under the influence.
- Won't get HIV or other STDs due to sex while under the influence.
- Won't have to lie to your parents about whether you were drinking, smoking or doing drugs.
- Won't lose your parents' trust if you get caught.
- Will be less likely to say or do things you might regret later.
- Will feel good that you have made the choices you believe in.
- Won't have to hide the fact that you're drinking, smoking or doing drugs from friends and people at school or in your faith community.
- Because you can have a lot of fun without it.
  - Because you won't do the stupid things people do when they are drunk or high.
  - Because you are following what your faith tradition teaches about taking care of your body and your mind.