

STRONGER THAN YOU THINK

Making an exit plan with your child is important - how can they let you know they need help saying no if they encounter a situation with marijuana or other substances without risking getting themselves or others in trouble?

Making a plan for a situation they need to get out of can keep them safe and let them know you care.

**YOUR INFLUENCE IS
STRONGER THAN
YOU THINK.**

#STRONGERNH



The developing brain (up to age 25) is impacted by substance use and can result in increased potential for developing a substance use disorder, dependence and poor mental health.

STRONGERNH.ORG



Accurate and up-to-date INFORMATION
about alcohol, tobacco and other
substances to inform your decisions and
the conversations you have with others.

Every day ACTIONS you can take
in your home, school, community or
worksite to prevent substance misuse
and promote wellness.

CONNECTION
to substance misuse prevention
professionals, activities and resources.