

POWER UP YOUR POTENTIAL



Don't Let Alcohol & Drugs Ruin Your Game!

YOUR ULTIMATE GUIDE TO MAKING SMART CHOICES FOR YOUR FUTURE

You're the main character in your own epic adventure, and every choice you make affects your stats, unlocks new opportunities, and determines which paths stay open. This isn't just any game—this is YOUR life, and you only get one playthrough. Ready to learn the cheat codes for success? Here's what you need to know about substances that can permanently damage your character build.



PLAYER STATISTICS

Most Texas teen players are choosing to skip the debuff items completely. You're not missing out—you're part of the winning majority:

77%

77% of Texas high school students did NOT use alcohol in past 30 days

86.7%

86.7% of Texas high students have NEVER used marijuana

84.2%

84.2% of Texas high school students have NEVER used vaping products

BOTTOM LINE: When you choose to stay substance-free, you're making the same smart choice as most of the teens in Texas. That's a win!

SYSTEM WARNING: YOUR BRAIN IS STILL LOADING

Your brain continues installing critical updates until age 25. Using alcohol or other substances during this process can cause permanent system damage to areas controlling focus, memory, decision-making, and goal achievement.

TEEN MARIJUANA USE CAN = PERMANENT STAT DAMAGE

Teen marijuana use can permanently **lower your IQ by up to 8 points**—damage that can't be reversed. Texas students who use marijuana show:

- Higher absence rates
- More conduct problems
- Decreased performance

TEEN ALCOHOL USE = SYSTEM GLITCHES

Alcohol creates cascading errors throughout your system. Texas data shows alcohol users have:

- Higher absence rates
- More conduct problems
- Impaired judgment leading to risky behavior

TEEN VAPING/NICOTINE USE = MAJOR HIT POINTS

Vaping and nicotine use are extremely harmful to teens, causing major damage. Nicotine damages the developing brain, affecting:

- attention span
- learning capacity
- impulse control



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BEST DEFENSIVE STRATEGIES

STRESS MANAGEMENT

Feeling under attack? Here are some healthy ways to cope with stress and anxiety:

- Physical Training: Exercise, sports, martial arts
- Creative Skills: Music, art, writing, gaming
- Social Connections: Supportive friends
- Mindfulness: Meditation, yoga, breathing
- Hobby Mastery: Dive into your interests

SQUAD SELECTION

The best defense system? A solid crew who cares about your objectives. Your friends should make you feel safe and seen, not sabotage your future by encouraging unhealthy behaviors. Data shows that students with strong friendships are 2-3x less likely to use drugs or alcohol.



PROTECT YOUR FUTURE

Making healthy choices as a teen ensures all of your future quest options are available, like college, jobs, scholarships, and professional licensing. By saying no to drugs and alcohol now, you're giving yourself the opportunity to enjoy all that your future has to offer!

READY TO QUIT VAPING OR TOBACCO?

MY LIFE MY QUIT™

YOU'VE GOT ALLIES! My Life, My Quit offers Texas teens up to 5 coaching sessions via phone, chat, or text. Coaching is provided by specialized, youth-focused quit coaches. The program gives information on vaping and tobacco as well as interactive activities for a customized quit plan. When teens are ready to quit vaping or tobacco, they can enroll in the program online at [MyLifeMyQuit.com](https://www.MyLifeMyQuit.com) or by texting **START MY QUIT** to **36072**. Teens can also enroll through the **My Life, My Quit** phone app via [Apple App Store](#) and [Google Play Store](#).

ACHIEVEMENT UNLOCKED: SMART CHOICES

WHEN YOU CHOOSE TO STAY DRUG & ALCOHOL-FREE, YOU'RE NOT JUST AVOIDING DAMAGE—YOU'RE ACTIVELY POWERING UP YOUR POTENTIAL FOR AN EPIC FUTURE. YOU'RE SMART, YOU'RE STRONG, AND THE TEXAS DATA PROVES YOU'RE DEFINITELY NOT ALONE IN MAKING HEALTHY CHOICES. REMEMBER: THIS IS YOUR GAME, YOUR RULES, YOUR VICTORY.



This campaign is designed to empower teens with factual information about substance misuse. Find additional resources and learn more at [angelinacoalition.org](https://www.angelinacoalition.org).



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