



CATALYST
BE THE CHANGE.

CELEBRATE SAFE: SHS HOCO 21!



WHAT'S YOUR WHY?

Decide for yourself whether using drugs or alcohol is right for you. Consider your health, your family, school, and your goals. What is your personal reason for living drug-free?



SAFETY IN NUMBERS

Plan on attending events with friends who share your values - decide not to use before you go, and hold each other accountable!



COUNT THE COST

Using drugs and alcohol can jeopardize your ability to be in sports and clubs at SHS. It can be dangerous and derail your future.



USE YOUR INFLUENCE

Commit to setting a good example for your friends, and others who look up to you.



PLAN AHEAD

Think about what you would do/say if someone offered you drugs or alcohol. Practice what you'd say in response.



HAVE FUN!

Your coaches, teachers, parents, and sponsors all want you to be safe and enjoy yourselves this weekend!