

SELF-CONTROL VS. UNRESTRAINED



Self-Control is being mindful of my thoughts, feelings and behaviors and exhibiting restraint to yield a better outcome.



The adolescent in the picture represents self-control by not allowing peer pressure to negatively influence her dream of becoming a professional athlete. By choosing soccer over experimenting with drugs and alcohol, the student is able to live a positive and healthy lifestyle. **Kids Escaping Drugs** believes that self-control is one of the most important skills to possess. It is necessary to be mindful of the consequences when making decisions, especially when it comes to substance use.

She made the right choice. Will you?



I won't let peer pressure stand in the way of my dreams – I choose SOCCER!

