• Seek out activities that you feel passionate about, such as music, sports, or volunteer work.

• Remember – you are not alone if you feel pressure from peers to drink or use drugs. It’s important to know that not everyone is using drugs or alcohol – you are not alone if you choose not to use.

• Get involved with school activities and in the Ann Arbor community. Talk with a staff person at the school for information about clubs and after school activities.

  Click the link to open.


**NEUTRAL ZONE**