

ZERO PROOF

FALL/WINTER 2018

Drinking -
Should I
Risk It?

Parent
POINTERS

Why Small
Conversations
Make a Big
Impression

BE YOURSELF(IE).
BE ZEROPROOF.

NEW MEXICO DEPARTMENT OF
TRANSPORTATION
MOBILITY FOR EVERYONE

REALITY
CHECK

WILL YOU KNOW
WHAT TO DO?

PROOF
SCAPE

UNDER
PRESSURE

Healthy &
Safe Ways
to Deal with
Stress





Be Yourself(ie). Be ZeroProof.

SOURCE: [HTTP://POWERTOCHOOSE.ZEROPROOF.ME/](http://POWERTOCHOOSE.ZEROPROOF.ME/)

Drinking at a young age can have a long-lasting, negative impact. You probably don't realize that your first experience with alcohol can have a negative effect that can last for years. Because your body is still developing, alcohol can create permanent damage that could seriously compromise your abilities as an adult. Alcohol is the most commonly used and abused drug by youth in the U.S. In fact, 86% of youth say they drink in their own or someone else's home.

But you have the power to choose not to drink. When you choose not to drink, you choose to be a truer version of yourself and safeguard against the dangers of alcohol. And you're not alone. ZeroProof ZeroScape is a new app developed by the New Mexico Department of Transportation that allows you to share experiences with others who also choose not to drink.

The app allows you to create your own canvas to express how you engage in life without alcohol – whether that's

through music, sports, art, dancing – anything! Share what makes you unique and upload your selfie collages and share them with your friends and the world.

The new app can also help you navigate through difficult situations, especially when alcohol is present. If you find yourself in a situation where you feel pressured to drink, or if one of your friends is intoxicated or passed out, or if you think someone might endanger themselves and others by driving after drinking, the new app offers tips and advice on how you can help. The stakes are too high not to get involved.

Drinking is never compatible with your goals. Don't be what other people want you to be.

Be Yourself(ie). Be ZeroProof.

Download the new app by visiting the App Store or Google Play and searching ZeroProof, or learn more by visiting www.zeroproof.me

Drinking Should I **RISK IT?**



SOURCE: [HTTPS://WWW.THECOOL-SPOT.GOV/TOO_MUCH4.ASPX](https://WWW.THECOOL-SPOT.GOV/TOO_MUCH4.ASPX)

Chances are at some point you'll be offered an alcoholic drink – if you haven't been already. And chances are that you'll consider taking it. But before you take that drink, think about what you could be risking.

[CLICK TO CONTINUE ON PAGE 4](#)



REALITY CHECK

WILL YOU KNOW WHAT TO DO?

SOURCE: ABOVETHEINFLUENCE.COM/HOW-TO-HELP/

Reality Check: How to Help a Friend

Do you have a friend that seems different lately? Helping a friend isn't always easy. Sometimes a situation gets worse before it gets better. But if you see a friend displaying any of these warning signs, it's time to talk to them:

- Gets drunk or high on a regular basis
- Drinks or uses drugs when he/she is alone
- Shows up at school drunk or high or has skipped class to drink or get high
- Needs drugs or alcohol to have a good time or cope with everyday life
- Plans for drug use in advance
- Starts hanging out with new friends who do drugs or who will get drugs for them
- Lies about drug use
- Pressures others to use drugs
- Has broken plans with you, or showed up late because he/she was getting drunk or high
- Shows little interest in or quits sports or activities he/she once enjoyed
- Has driven a car while drunk or high
- Borrows or steals money to buy drugs or alcohol



Even if your friend doesn't exactly fit any of these, but you think he/she is headed in the wrong direction – it's ok to say something.

Have more questions?

Text ABOVE to 741-741 for 24/7, anonymous, free crises counseling

Rather talk than text? Call 1-800-448-3000 to connect with someone from the Boys Town National Hotline

Drinking — Should I Risk It?

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If you choose to take that drink, you could:

- **Lose friends:** Your friends could start pulling back or drifting away from you because they don't like who you are when you drink
- **Fall behind:** Being late, missing days, not working up to your ability, and putting off responsibilities are the first steps to failing in school or losing a job
- **Create tension in your family:** Homes with heavy drinkers have less fun and closeness, more arguments
- **Hurt your body:** Heavy drinking can weaken the heart muscle and contribute to weight gain. It can also cause many other serious, life-

threatening health problems, including addiction

- **Have money problems:** Trouble with money grows when too much is spent on alcohol. Don't pay for your poor decisions because you chose to drink

Don't risk your life by drinking alcohol. Just say no.

PARENT POINTERS

Why Small Conversations Make a Big Impression

SOURCE: [HTTPS://WWW.SAMHSA.GOV/UNDERAGE-DRINKING/PARENT-RESOURCES/SMALL-CONVERSATIONS](https://www.samhsa.gov/underage-drinking/parent-resources/small-conversations)

Sitting down to have the “big talk” about alcohol can be just as intimidating for parents as it can be for kids. Try taking a new approach. Short, frequent discussions can have a bigger impact on your child’s decisions about alcohol. So next time, skip the “big talk” and take advantage of everyday situations to talk to your kids – they hear you (even when you think they don’t).

For more information about taking to your child about the dangers of underage drinking, visit: <https://www.samhsa.gov/>

Don’t wait for the perfect moment. Take advantage of everyday opportunities to talk – in the car, during dinner, or while you’re watching TV together. Having a lot of little talks takes the pressure off trying to get all the information out in one session, and your child will be less likely to tune you out.

Make your rules clear. Take time to discuss your beliefs and opinions about alcohol with your child. Be honest and make sure to express a clear and consistent message that underage drinking is unacceptable.

Walk the walk. What you do is just as important as what you say. Set a good example for your child. You can positively influence your child by drinking in moderation and NEVER driving after you’ve been drinking.

Change the conversation. What you say about alcohol to a 9-year-old is different from what you will say to a 15-year-old. Make sure the conversation fits your child’s age. As they get older, you can give them more information and reinforce your rules.

Listen. Remember the conversation goes both ways. Give your child the opportunity to ask you questions or express their concerns. Be sure to listen to what they have to say and be real and honest with them when they do.

UNDER PRESSURE Healthy & Safe Ways to Deal with Stress

SOURCE: [HTTPS://TEENS.DRUGABUSE.GOV/BLOG/POST/NINE-TIPS-HELP-YOU-COPE-STRESS](https://teens.drugabuse.gov/blog/post/nine-tips-help-you-cope-stress)



Stress is the body’s natural response to difficult or scary situations. When you’re under stress, your brain and heart work quicker, you breathe faster, and your muscles tense up. Everyone feels stress sometime.

You might feel like you’re under a lot of pressure at school, at work, or in relationships with your family and friends. While a little bit of stress is normal, feeling stressed out over a long period of time can be bad for your health – and can even cause physical problems like headaches and stomachaches.

The good news is there is something you can do to fight stress in your life. Try one – or all – of these tips when you’re feeling under pressure.

If you ever feel like you’re dealing with more than you can handle, always tell someone. You’re not alone.

- 1 Eat healthy:** Give your body energy by eating healthy foods, like vegetables, fruits, and lean sources of protein
- 2 Exercise:** Exercising can help you relax. It even releases feel-good chemicals in your brain
- 3 Talk to someone:** tell your family and friends how you are feeling. If there’s something you don’t feel comfortable talking about with family or friends, find a teacher, school counselor, or another trusted adult you can talk to.
- 4 Prepare:** If you’re worried about an upcoming event, try visualizing yourself there and thinking about how you might handle different situations that could come up.
- 5 Plan Ahead:** If you have too many tasks or assignment due, make a to-do list and do the most important thing first. Don’t plan to accomplish more than you actually can.
- 6 Avoid alcohol and drugs:** these can make it harder for you to think clearly and in some cases can make you feel even more stressed out
- 7 Breathe deeply:** sit up straight and take a few slow, deep breaths