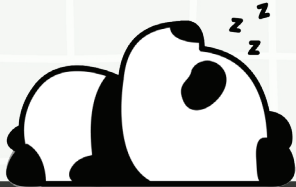


**fun facts:** Teens aged 13-18 need 8-10 hours of sleep each night. Sleep is important for your overall health and academic performance. Be sure to get a good night's sleep!

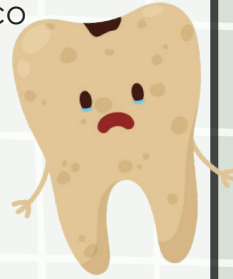
**resources:** To learn more about good sleep habits go to <https://www.cdc.gov/sleep/>



## Join the drug free Aroostook (DFA) Meetings!

DFA is looking for local youth who want to have their voices heard! Meetings are every 3<sup>rd</sup> Friday from 1pm-2pm on Teams. Reach out to Malori Holmquist at [mholmquist@acap-me.org](mailto:mholmquist@acap-me.org) to discuss how you can be involved!

**vaping** raises your risk for gum disease. Both tobacco and e-cigarette exposure increase the risk of tooth decay and gum disease due to an increased number of cavity-causing bacteria. Bad bacteria caused from vaping can cause tooth loss.



### did you know: understanding your own feelings will help build stronger relationships with others?

Our bodies know how we are feeling, and they respond in different ways. Are you having a hard time to breathe? Is your heart pounding? Do you feel overwhelmed? Take a deep breath and observe what's happening in your body, name it, and rate the intensity of the emotion/emotions from a scale of 1-10.



OUT Maine works to create welcoming and affirming communities for LGBTQ+ youth in all of their intersectional identities.

### SAVING MONEY WHEN YOU'RE ON A BUDGET: WANTS VS NEEDS

**budget:** An estimate of income and expenditure for a set period of time.

**wants:** Have a desire to possess or do (something) Examples: Candy bar, books, sweatshirts in every color

**needs:** Require (something) because it is essential or very important Examples: Food, water, adequate clothing



93% OF MAINE MIDDLE SCHOOL STUDENTS DO NOT USE MARIJUANA. LEAD THE WAY



[LeadtheWayMaine.com](http://LeadtheWayMaine.com)



### box breathing

1. Breathe in, counting to four slowly. Feel the air enter your lungs.
2. Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
3. Slowly exhale through your mouth for 4 seconds.
4. Repeat steps 1 to 3 until you feel re-centered.



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ACAP prevention efforts supported by the Maine CDC.