



fact: Drinking plain water instead of sugary drinks can help manage your body weight and caloric intake.

- Carry a water bottle to refill throughout the day
- Freeze water bottles to have ice cold water all day.
- Add a wedge of lime or lemon for extra flavor.

Lead the way

Be a Positive Influence for a Friend.



leadthewaymaine.com
instagram.com/posinfluence



What are restorative circles?

Restorative circles are a tool to build a restorative relationship. These circles address the specific conflict, identify and acknowledge the impact of the conflict on individuals as well as the relationship and makes collaborative agreements for moving forward, preventing similar issues in the future.

vaping is an aerosoling, there is no water in vapes... vaping is a chemical reaction with more than 69 cancer causing components.



Visit MyLifeMyQuit.org or text "Start My Quit" to 36072

stall talk

MAY / JUNE 2024



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

Who are you?

It's important to remember who you are and who you want to be vs what everyone else around you is saying.

One way to remember who you are is to grab a notebook and a pen and start listing everything you are. Example: I am a Junior, I am a volleyball player, I am a sister, etc.



Join the drug free Aroostook (DFA) meetings!

DFA is looking for local youth who want to have their voices heard! Meetings are every 3rd Tuesday from 1pm-2pm on Teams. Email Malori at mholmquist@acap-me.org to discuss how you can be involved!

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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Prevention efforts supported by the Maine CDC.