

# STAND UP FOR YOUR FUTURE

You have dreams. You have goals. You are building your future right now. Every decision you make moves you closer or further away from the life you want.



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**Drinking under 18 may seem cool or harmless, but it can:**

- Slow down your thinking and decision-making.
- Damage your school performance or relationships.
- Put your health and safety at risk.
- Take you off track before you even start.

**It takes real confidence to stand your ground:**

- Say no when others say yes.
- Choose your future over fitting in.
- Lead instead of following.

**BE PROUD TO BE DIFFERENT. WALK AWAY FROM PRESSURE. STAND UP FOR SOMETHING – ESPECIALLY YOUR FUTURE.**



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## MY PLEDGE

Your future starts with your choices.

This is your moment to choose power, freedom and a clear mind.

It is your life. You get to decide the direction it takes.

### MY PLEDGE TO MYSELF:

I choose a clear mind, a strong body and a better future.

Whilst under 18, I choose to say **NO** to alcohol.

I am the voice of change.

I am a Maker of Tomorrow.

**#NOtoUnder18.**  
Yes to me!



## WHO TO CONTACT

**SADAG**  
Substance Abuse Helpline  
0800 12 13 14 (24 hours)

**SADAG**  
Suicide Crisis Line  
0800 567 567

**SANCA**  
South African National Council on Alcoholism and Drug Dependence  
Website: [www.sancanational.info](http://www.sancanational.info)

**Aware.org**  
Association for Alcohol Responsibility and Education  
Website: [www.aware.org.za](http://www.aware.org.za)

**aware!org**  
association for alcohol responsibility and education

**SADAG**  
WhatsApp Chatline  
087 163 2025

**SADAG**  
General Office  
011 234 4837  
Website: [www.sadag.org](http://www.sadag.org)

**SADAG**  
SMS Support  
SMS 32312  
and a counsellor will call you back.

**Pick n Pay**  
School Club

# #NotoU18 MY CHOICE. MY FUTURE.

A campaign for young people to know their worth and protect their future.

**YOU DO NOT** need alcohol to be strong, smart or respected.



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# WHY UNDER 18'S SHOULD **NOT** DRINK

**ALCOHOL IS NOT FOR TEENAGERS**

Drinking at a young age can damage your health, safety and your future.



**Here is what alcohol can do to young people:**

- Alcohol affects your brain's growth.
- It makes it harder to focus, think clearly and make good decisions.
- It increases your chances of getting hurt or being in unsafe situations.
- The earlier you start consuming alcohol, the more likely you are to have problems with alcohol later.
- One night of drinking can change your whole life.

**You have big dreams and alcohol can get in the way.**



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# HOW TO SAY **NO** AND **STAY STRONG**

**YOU HAVE THE RIGHT TO CHOOSE**

**Saying no does not make you weak. It makes you powerful and smart.**

**You do not owe anyone an explanation for doing what is best for you.**

**Here are some ways to stand your ground:**

- Look the person in the eye and say no.
- Walk away or change the subject.
- Hang out with people who support your positive choices.
- Think ahead about what you will say in tricky situations.

**Quick responses you can use:**

- "Nah, I do not drink."
- "Not for me, thanks."
- "I am good. I have other plans."
- "No. I want to stay in control."

**BE PROUD OF YOUR CHOICE. YOU ARE NOT ALONE.**

# MY RIGHTS MY **VOICE**

**YOU MATTER. YOUR CHOICES MATTER.**

**You do not need permission to protect yourself and stand up for what is right.**

**Every time you speak up or say no, you show courage and leadership.**

**You have the right to:**

- Be safe and respected.
- Choose what is best for your body.
- Speak up if something feels wrong.
- Get help if you are feeling pressured.

**NOT EVERYONE IS DRINKING ALCOHOL. MORE TEENAGERS ARE CHOOSING TO WAIT. YOU ARE PART OF SOMETHING POWERFUL.**



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# YOU ARE NOT ALONE

**HELP IS HERE**

**YOU DO NOT NEED TO STRUGGLE ON YOUR OWN**

**There are people who care and want to help you.**

**Even if it feels hard, speaking up can change everything**

**These are some first steps:**

- Talk to a trusted adult.
- Speak to a teacher or school counsellor.
- Chat to a friend who listens.
- Keep speaking up until someone hears you.

**SADAG's WhatsApp Chat Line  
087 163 2025**

**ASKING FOR HELP SHOWS STRENGTH. YOUR VOICE MATTERS.**

