

MASK[®] Prep Notes



ASK MASK?

Q: My friends are starting to smoke weed and they are pressuring me to join in. I want to say no, but I still want them to be my friends. I don't know what to do.

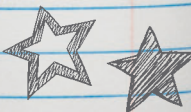
— Nate, 8th grade; Aurora, Colorado

A: Nate, a great response would be "I can't because my family drug tests". This deflects it to what your parents are doing, not what you are doing.

Q: Is vaping really bad?

— Maddie, 7th grade; Tucson, Arizona

A: People think vaping isn't as bad as smoking, but studies have shown e-cigarette vapor can contain cancer-causing formaldehyde at levels up to 15 times higher than regular cigarettes.



Q: I really don't know what to do. My friends are starting to sneak alcohol from their parents. I still want them to be my friends, but I don't want to do that stuff. What should I do?

— Nia, 8th grade; Austin, Texas

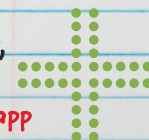
A: I know sometimes these things are really hard, but to be a good friend you should tell a trusted adult what's going on. It's better to be safe than sorry.

MASK[®] Prep Notes

Are you a student? Do you have a question on your mind about making safe, healthy choices?

We want to be able to answer your questions and let other students know they are not alone.

For more Q&As,
download the
MASKmatters app
to ASK MASK





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MASK+ Life Hacks #1

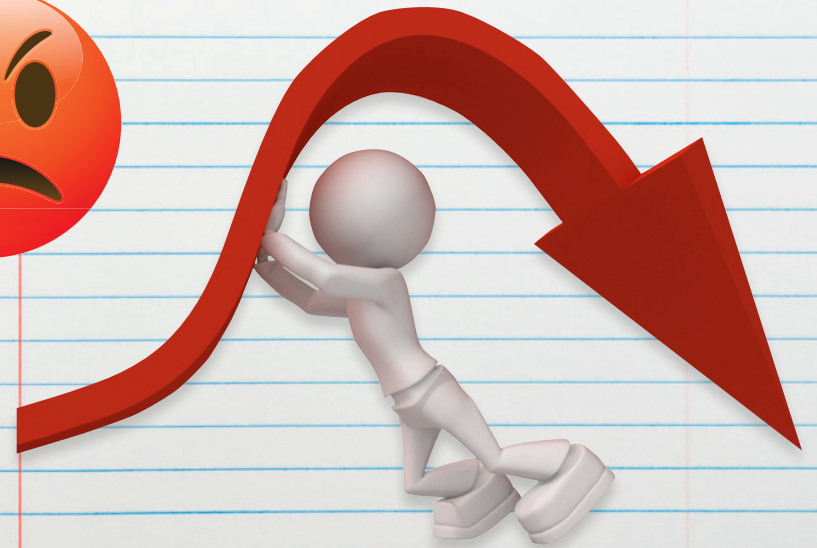
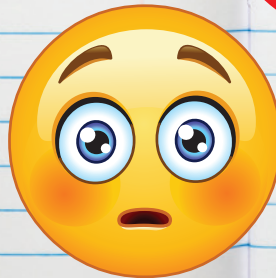
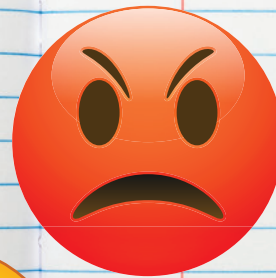
MASK+ Take a MASK Minute



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MASK⁺Life Hacks #2

FEEL AND DEAL



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MASK⁺Life Hacks #3

4 UR SELFIE

★ Get Active

★ Run

★ Dance

★ Hike

★ Rock Climb

★ Play Ball

★ Get Moving



EXIT PLAN



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MASK⁺Life Hacks #5

POISON OR PASSION



OR



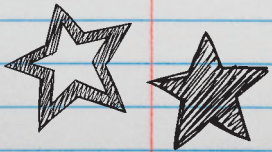
MASK[®] + Resources



TEEN LIFELINE: 1-800-248-8336

TEXT OR CALL 911 FOR EMERGENCIES

CRISIS TEXT: TEXT 741741 TO TEXT
WITH A TRAINED COUNSEOR



DOWNLOAD THE MASKMATTERS APP TO ASK MASK

