

## It's Your Body...



## Know What You Are Putting Into It

1. **You only get one body, so it is your job to take care of it the best that you can.**
2. **Trying to say “NO” to things like tobacco and alcohol is often difficult,** especially when you are a teen and under lots of peer pressure to “be cool.”
3. **You need to decide what is right for you.** Make sure you get ALL of the facts before you jump to a decision.
4. **Medications, tobacco, and alcohol are all chemicals** that cause your body to react in different ways.
5. **Ask your pharmacist** about the medications you take and what substances might interfere with them and put you at risk for developing serious side effects.
6. **If you are unsure about trying something new, wait awhile** and give yourself time to make the decision that is right for you. It may very well change your life.

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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