## TEENS & YOUNG ADULTS KNOW HOW TO HAVE FUN WITHOUT ALCOHOL OR DRUGS!



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PLAY MUSIC . READ A BOOK JOIN A STUDY GROUP GO TO A CONCERT . RUN DANCE . HANG OUT WITH FRIENDS . GO FOR A SWIM JOIN A SPORTS TEAM • TRY JEWELRY MAKING . GO ON A HIKE . GO CAMPING JOIN A LOCAL THEATER GROUP . WATCH A MOVIE VISIT THE OCEAN, RIVER, OR LAKE . VOLUNTEER IN YOUR COMMUNITY . PLAY GOLF GIVE PHOTOGRAPHY A SHOT CREATE A WEBSITE . PAINT WRITE POETRY . VISIT AN AMUSEMENT PARK • CREATE A PHONE APP • GATHER SOME FRIENDS FOR FRISBEE GOLF PLAY A CARD OR BOARD GAME . SING KARAOKE

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