

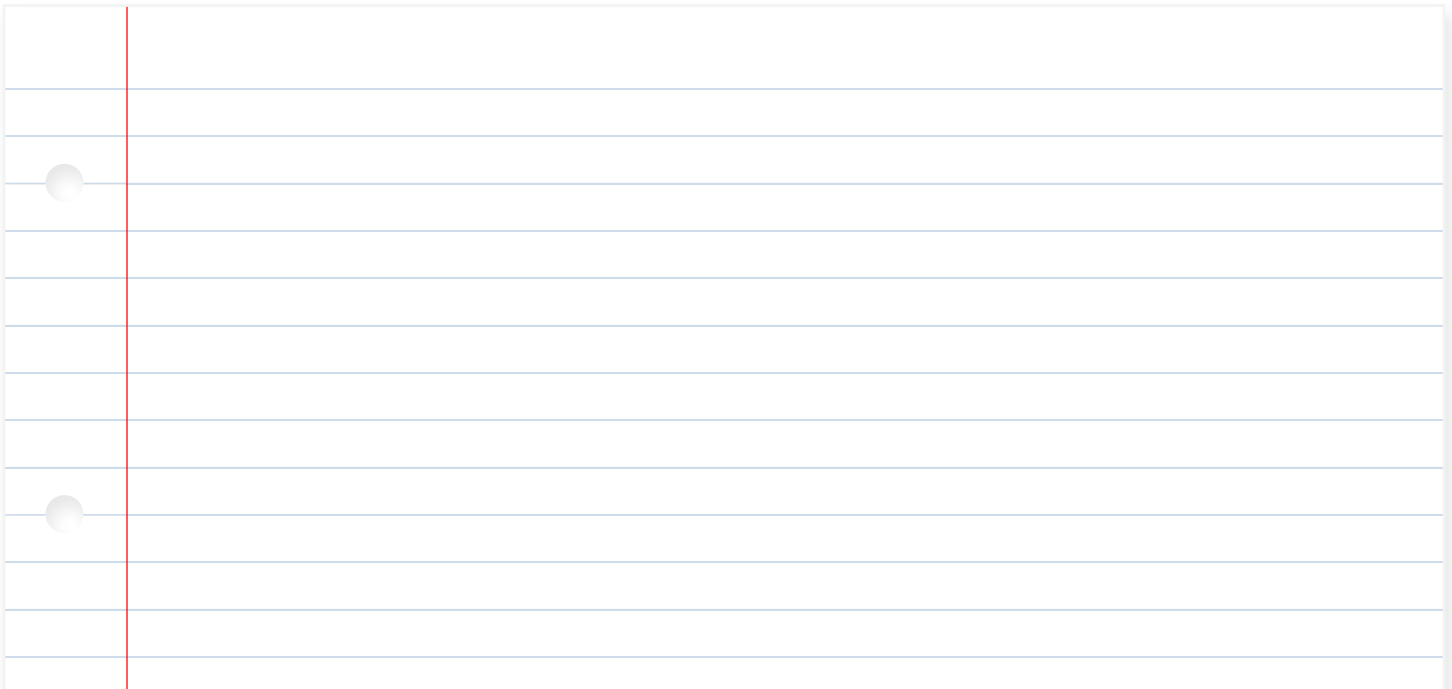
Creators, Own Your #MyWhyNDAFW Story!

Tips to Get Started

Tip 1 Get The Creative Juices Flowing

Only you can tell your story. **#MyWhyNDAFW** is a chance to share your unique voice in the conversation around drug use prevention and positive mental health. Regardless of your motivation—sports, school, family, or friends—reasons for finding positive ways to celebrate life are inspiring to others. If you're struggling to begin crafting your **#MyWhyNDAFW** story, the following questions may be helpful. Jot down your thoughts in preparation to record.

- ♦ Why is preventing drug use important for your community?
- ♦ What are healthy ways you cope with stress?
- ♦ What can you do to support a friend or loved one with a substance use disorder?
- ♦ What activities do you participate in to support your mental and emotional health?
- ♦ Why do you choose not to use drugs or alcohol?

A large, lined notepad area for writing thoughts. It features a vertical red margin line on the left side and horizontal blue lines for writing. There are two binder holes on the left edge.

Tip 2 Chase Those Angles, Record, and Post to Social Media

After you've thought about your story and you're ready to record, you know what to do. Find the best lighting and angles and film your message where you feel most comfortable. And remember, shorter is better! Once your video is ready, share with your group and consider posting on social media using **#MyWhyNDAFW** or **#NDAFW**.