NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6 Never get in a care with someone who's been drinking.
7	8	9	10 Trust your instincts--if it doesn't feel right, it probably isn't.	11	12	13
14 You can choose to say NO to alcohol when friends are drinking by just saying "No thanks," or findin an excuse to leave.	15	16	17	18	19	20
21	22	23	24	25	26 Tell a trused adult if someone is pressuring you to do things you'r uncomfortable with.	27
28	29	30 Visit www.4girls.gov/choosing/drugs.htm for more information on the damage drugs and alcohol can cause.	1	2	3	4

Pick Your Path To Health
www.4woman.gov/PYPTH

Office on Women's Health
U.S. Department of Health and Human Services