

# TEEN VIP

# PLANNING ADVICE FOR TEENS

A very important person like you needs a plan to stay safe and healthy.

*I will...*

- Stay away from tobacco, alcohol, and drugs, even if my friends are trying them
- Keep my mind and body active
- Eat and drink what is good for my body
- Drive carefully, buckle-up and never ride with an unsafe driver
- Hang with people and in places that are safe for me
- Wait until I'm older to have sex, and with a healthy partner I can trust
- Protect myself and my partner from having a baby until we are ready to take care of one
- Protect myself from diseases, including sexually transmitted infections
- Accept differences in myself and others
- Reach out for help if I'm sad, scared, bullied, confused or unsure what to do.

Here's an example of a VIP plan:

Here's space for your VIP plan.

**I will...**

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## Share your VIP plan!

Share your VIP plan with family and friends and ask them to help you meet your goals.

You may want to talk about it with other trusted adults, too, like teachers, coaches, your doctor, or nurses at your local public health department.

## Visit these websites for encouragement and helpful info:

Info & Services for S.C. Teens - [www.scdhec.gov/Health/ChildTeenHealth/Teens](http://www.scdhec.gov/Health/ChildTeenHealth/Teens)

Girlology - [www.girlology.com](http://www.girlology.com)

Young Men's Health - [www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)

Not Right Now, Put Pregnancy on Pause - [www.notrightnowsc.org](http://www.notrightnowsc.org)

The Trevor Project - [www.thetrevorproject.org/lifelinechat](http://www.thetrevorproject.org/lifelinechat)

You Matter - [www.youmatter.suicidepreventionlifeline.org/get-help](http://www.youmatter.suicidepreventionlifeline.org/get-help)

