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
- Wait until I’m older to have sex, and with a healthy partner I can trust
- Keep my mind and body active
- Protect myself and my partner from having a baby until we are ready to take care of one
- Eat and drink what is good for my body
- Protect myself from diseases, including sexually transmitted infections
- Drive carefully, buckle-up and never ride with an unsafe driver
- Accept differences in myself and others
- Hang with people and in places that are safe for me
- 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.

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
- Girlology - www.girlology.com
- Young Men’s Health - www.youngmenshealthsite.org
- Not Right Now, Put Pregnancy on Pause - www.notrightnowsc.org
- The Trevor Project - www.thetrevorproject.org/lifelinechat
- You Matter - www.youmatter.suicidepreventionlifeline.org/get-help