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Just Say No

"I picked this picture because the best way for me to stay safe from drugs is just not to use them or, like, just say no. That was why I picked this picture. I believe it's the best option for me, to take... Um, the photo is, like, very, like, simplistic, but it shows, like, a very big message... like, saying no to drugs... I got the inspiration [for] this picture from like, multiple stores have this sign posted up multiple, like, places all around. Like, you can see just say no posters. Like, even in an elevator, like, when elevators have small ads and then I've seen just say no a couple times in there. For other safety planning, I see, like -- or at least I think that there's not a lot of risk other than peer pressure. It, it's like -- I feel like it more be personal choice to either do it or not, other than peer pressure and in, like, some extreme rare scenarios, like, where you're forced to do the drugs. I feel like the just say no technique is, like, -- it's -- I feel like it's adequate. I feel like if it's not peer pressure, like, like, -- if peer pressure isn't in the play and, like, you're not in an extreme situation where you're being forced, like, just say no is the best safety plan."