

NATIONAL PROJECT – 2018 - 2019

Two 60-Second Public Service Announcements

Dr. Seuss once asked, “How did it get so late so soon?” Likely we have all shared that wonderment at how fast the times of our lives go by. When faced with a decision about whether to waste any of your own time by drinking alcohol and dealing with the harmful consequences of alcohol consumption to yourself and others, we invite you to stop and think about how precious your time is. Do you have so much of it that you can afford to spend any of it in a fog, or worse? Make the choice for sobriety, seek the help of your higher power, your family, and your friends – and then go on having the alcohol-free time of your life!

The Woman’s Christian Temperance Union reminds you the World Health Organization estimates that more than 2.5 million people die because of alcohol each year. For more information on the harmful effects of alcohol consumption, visit our website at www.wctu.org.



Sometimes the messages we get encouraging us NOT to use drugs and alcohol get to sound like a giant NO and a bunch of DON'Ts and even more DIRE WARNINGS. While that's all good and important information, let's spend this minute accentuating the positive! When you live a drug- and alcohol-free life, you are more likely to:

- *be physically, emotionally, and mentally healthy*
- *have great relationships with family and friends*
- *be happy*
- *be successful professionally and personally*
- *be financially secure*
- *be a giver to your community and your world*
- *have a fulfilling spiritual life.*

We invite you to say “yes” to your good life!

This message brought to you by the Woman’s Christian Temperance Union. For more information on the harmful effects of alcohol consumption and drug use, visit our website at www.wctu.org.

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Four 30-Second Public Service Announcements

A wise man once said, "Success is the sum of small efforts, repeated day in and day out." Remember this each time you face a decision about misusing or abusing opioid drugs. the National Institute on Drug Abuse tells us that "Every day, more than 115 people in the United States die after overdosing on opioids." Now that's a sobering fact. (Pause) No opioid drug misuse for you -- greater success for your life!

This message brought to you by the Woman's Christian Temperance Union. For more information on the harmful effects of opioid drug misuse and abuse, visit wctu.org.



When a pregnant woman drinks alcohol, so does her baby. No one can say how much or little alcohol causes harm to unborn babies. But it's a fact that the babies live the rest of their lives with the damage. Fetal Alcohol Spectrum Disorders is the group of conditions that can befall these children. Learn about FASD from many online resources such as the CDC. Your unborn children will thank you.

This alcohol alert is brought to you by the Woman's Christian Temperance Union. For more information on the harmful effects of alcohol consumption during pregnancy, visit wctu.org.



The National Institute on Drug Abuse reminds us that drug abuse and addiction affect every segment of society. That's all of us. Everyone. Not one person is immune from the disease of addiction. Trying a drug just because a friend says it's "cool," might cost you much more than you bargained for. Every person has to decide for themselves: Is it worth the risk?

This drug alert is brought to you by the Woman's Christian Temperance Union. For more information on the harmful effects of drug abuse, visit our website at wctu.org.



When we talk about drug addiction, we are not just talking about cocaine and marijuana and amphetamines and inhalants. Nicotine is highly addictive too, and, for many people, so is alcohol. Anyone can get hooked on drugs - your friends, members of your family, your neighbors – you. The good news is: Drug abuse is a preventable behavior and drug addiction is a treatable disease but abstinence is best.

With thanks to the NIDA for these words, this message is brought to you by the Woman's Christian Temperance Union. For more information on the harmful effects of drug use and abuse, visit wctu.org.