



YARN!

cutting down or quitting - it's your choice.

ask yourself

- am I still getting stoned
the I do when I started?
- is this just a habit?
- is yarn all I think about?
- is it getting me in trouble -
causing me problems?

Try to keep away from people
when they are smoking.
It's okay to say 'no' to people who
are smoking around you.

wanna cut down or quit cuz?

- here's some good reasons.
- if you are pregnant, smoking yarn will
affect the baby
 - yarn makes it harder to learn and
remember things
 - yarn can make you more depressed,
worried about your problems
 - yarn gets you in trouble with police
 - it costs a lot of money to smoke yarn
all the time

ways to cut down

- if you smoke to relax or sleep better, try
going for a walk or listen to music
- ask for help from family and friends or
call a counselor now on 1 800 13 13 88
- don't smoke every day - cut down -
smaller amounts - gradually stop

wanna quit

- make a strong decision to stop and
just do it
- get rid of your pipes, bong, and all
your stuff
- ask for help - talk to family and friends
- take your money - buy something you
want or need
- you don't have to be a sheep and follow

help & more info

Alcohol & Drug Information Service
1 800 13 13 88 (24 hours)
Aboriginal Drug & Alcohol Council (D&A) Inc
1 800 1 9221
Aboriginal Health Council of SA
8241 4300

The goal of the Health Education Drug Strategy is
to improve the health and well-being of all South
Australians by preventing the use of both drugs
and alcohol.

Young & Rubicam is pleased to have been selected to
develop and produce this campaign. The campaign
will be developed and produced by Young & Rubicam
in partnership with the South Australian Government
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