


DEAR TEENS..
START THE YEAR
OFF RIGHT!



EAT LESS
JUNK FOOD
DRINK MORE WATER



WALK
AWAY
FROM
UNSUPPORTIVE
FRIENDS

DON'T GIVE UP
BECAUSE IT'S
"TOO HARD"

STOP TRYING TO FIT IN
YOU'RE YOUR OWN KINDA COOL

AVOID PEOPLE WHO
COMPLAIN A LOT
(THEY DRAG YOU DOWN)



DO SOMETHING TO MAKE
YOURSELF PROUD

BE THE KIND OF FRIEND
YOU'D LIKE TO HAVE

LAUGH MORE!



BE
HAPPY



STOP CARRYING YOUR
REGRETS & MISTAKES
AROUND.
(THEY'RE HEAVY)



STOP GOSSIPING
NO ONE TRUSTS A GOSSIP

THANK YOUR PARENTS.
THEY NEED TO HEAR IT!
(BONUS IF YOU GIVE THEM A HUG)



CALL A FRIEND
INSTEAD OF TEXTING

@RAISINGTEENSTODAY