

Be the Influencer: Say No to Driving High



Did You Know?

Even if you *feel fine*, cannabis can:



Slow your
reaction time



Affect your focus
and coordination



Make crashes
more likely

Quick Safety Tips



Plan a ride ahead:
sober driver, rideshare,
public transport



Never get in a car with
someone who's high



Wait it out—your brain
and body need time
to recover

Lead the Way

Being a real influencer means making smart choices and looking out for your friends.

Set the trend: **drive sober, stay safe.**



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VISIT: [HELPGUIDETHRIVE.ORG](https://helpguidethrive.org)

