

CHOOSE LIFE

Implementing a drug-(ab)use prevention program & shaping youth policies
with disadvantaged young people for psychosocial well-being promotion
101187341



No drugs,
just hugs.

A quiet rebellion in a restless world, where hands reach not for escape but for each other.

Choose life, not an escape.

A youth movement for prevention, inclusion & wellbeing



THE MOVEMENT

A clear mind, a clean life.

Real change begins the moment we choose ourselves and each other over the escape. Not louder, not harder — just clearer, calmer, and free.

Reclaim spaces.

Rebuild communities.

Rooting our future together, from the ground up.

We stand for young people.

We stand for inclusion and respect.

We stand for drug-free schools and environments.

We stand for a more human approach to drug detoxification.

We stand for communities that prevent, not
just systems that respond.



Choose

I said I was fine,
but I wasn't OK.

YOU ARE NOT ALONE

Not broken, but searching for light through the haze.

Your problem is not bigger than you.

Remember — if you don't change your actions, your actions will
change you.



PREVENTION THROUGH CONNECTION

Every connection is an act of prevention.

Remember yourself.

Come back to who you are.

Listen more, judge less.

Tolerance starts with a single
conversation.

Reach out.

Hands for each other, not for
escape.

**Your mental health is more important than other people's
expectations.**

Join Choose Life

Web: chooselife-project.eu



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Listen more. Judge less. Every connection is an act of prevention.

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