

# TAKE it BACK!

## A National Youth Movement on Alcohol Issues

### What is TAKE IT BACK?

- A national, youth-directed movement to reduce alcohol problems.
- It is not an organization, a program, group or curriculum.
- It is about using your power, your influence and your brains to change the way alcohol influences your life.

### Why a movement?

**A movement is flexible – it can go where organizations cannot.**

**A movement has guts – it won't be denied.**

**A movement is creative – it uses brains and heart instead of money and muscle.**

**A movement has energy that commands attention!**

### What will TAKE IT BACK do?

- Provide information, training, research, tools and connections that will help you fight smarter, faster and stronger.
- It will show how you can change conditions in your community to protect your friends and family against the negative impact of alcohol misuse and abuse.
- It will give you the ammo you need to speak up, speak out and speak loud about what alcohol does to you and your friends.

**TAKE IT BACK is not about wishful thinking,  
pointing fingers or waiting for someone else to do it.**

**It is about DOING SOMETHING!**

**I want to TAKE IT BACK – how do I start?**

**Go to [www.utakeitback.org](http://www.utakeitback.org)**

Take back your safety, your dignity, your culture, your health, your future! Be part of changing the single, most important health issue youth face today – TAKE IT BACK!

