

Substance Abuse Primary Prevention Month 2026

Video 2: Staying Active

[Energetic sports music]

Kennedi: So, what do the best athletes have in common?

Hannah: The best athletes...

Francisco: ...are strong [teen grunts while lifting weights]...

Dominique: ...fast [teen yells 'Watch out!' while diving to get a volleyball]...

Adriana: ...motivated [teen shouts 'Let's do this!']...

Taelor: ...nourished [teen who caught a fish says 'Yum!']...

Kennedi: ...and drug-free.

Dominique: They know that being at their best means making healthy choices that support their bodies and their minds.

Kennedi: Whether you're an athlete or want to feel the joy of keeping your body active, a little movement can make a big difference in your life.

Dominique: The best choices start with you.

Voiceover: Own your power. Be a champion. Be drug-free.

Voiceover: Join us, and let's build a drug-free America.

[Energetic sports music]