

# ART SHOW



## THE SITUATION

Addiction has a negative impact on the person suffering, their family and those around them.

## THE SOLUTION

You can put together your own Art Show – to express your feelings and to educate others on the consequences of substance abuse.

## THE STEPS

1

### INVOLVE OTHERS

- Get as many friends as you can to participate.
- Pick a date to collect all of the finished artwork.
- Tell friends who think they “can’t do art” that EVERYBODY can do this!
- Make the art with your friends. Creating together is often more fun.

2

### MAKE A STATEMENT

- Create from your head: Research reasons why people use substances (Like stress or anger).
- Create from your heart: Make art that shows how you feel about addiction.
- Use whatever you have to make art: Pens, paint, crayons, wood... anything works!

3

### SHOW YOUR COMMUNITY

- Ask United Way to help you display your Art Show (in your school, your church or another community setting).
- Take pictures and videos of the Art Show, and invite people to see your work.
- Send pictures and videos to United Way, and post your work on social media.

**HAVE QUESTIONS? NEED HELP?**

**TALK WITH A UNITED WAY MENTOR AT 203.757.9855**



United Way  
of Greater Waterbury

**UPSTARTERS** is an initiative that gives local youth exposure to the role they can play in addressing community needs. Rather than hoping that youth learn about volunteerism or philanthropy by the time they are adults, **UPSTARTERS** provides opportunities today. **UPSTARTERS** is focused on the future generation of United Way learning to lead now. Get involved at [UnitedWayGW.org/UPSTARTERS](http://UnitedWayGW.org/UPSTARTERS)

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