



There's a lot of power  
in the ability to say  
no and make that  
decision for yourself.

Ayasha Forespring, 20 (left) | Cowlitz Indian Tribe



Watch a video of **Ayasha** talking with  
her sibling **Meera Forespring**, 22, about  
substance use and sobriety in college.  
They both carry naloxone with them.

**FOR OUR LIVES**

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