

Drug Free  
is the Way To Be

# Cool Kids Club



We Have Better Things  
to Do than Drugs!

Grow Up  
**Drug Free**  
Activity Book  
4th-6th Grades

# A Drug-free Lifestyle

Here is a list of fun things you could do to promote a healthy, drug-free lifestyle:

Play sports • Write in your journal • Learn to swim • Do crossword puzzles

Join a school club • Make your own jewelry • Take a dance class • Read a book

Start a collection (sport cards, postcards, etc...) • Be a role model and help other kids



# UNSCRAMBLE WORDS

“Did you know that tobacco products are made from a tobacco plant?

Common products are cigarettes, cigars, and smokeless products.”



**Tobacco has many negative effects on you.**  
Unscramble the words to find out what some of them are:

1. WOYLEL HETET \_\_\_\_\_

2. DAB BTREHA \_\_\_\_\_

3. SYEMLL LECTSOH \_\_\_\_\_

4. LNGU NCEACR \_\_\_\_\_

5. ETRAH AEISSED \_\_\_\_\_

6. SAOMCHT LRCUES \_\_\_\_\_

# HIDDEN NUMBER



Find the hidden numbers in the picture to complete the statement:

**There are over**

**— — — —**

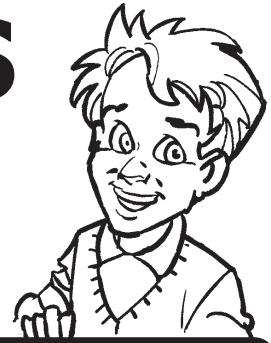
**chemicals in a  
single cigarette.**

## Did You Know...?

- Inhaling the smoke from a cigarette is called “secondhand smoking.” It is just as harmful to you as it is to the smoker.
- Nicotine is a dangerous chemical in tobacco that makes it addictive, or hard to quit.
- Some chemicals found in cigarettes are also used to pave roads (tar), make rat poisons (cyanide), and preserve dead animals (formaldehyde).

# FIND THE WORDS

Alcohol is a drug that slows down your brain and makes you think, speak and act slower than normal. Find and circle the problems relating to alcohol in this word puzzle.



SADNESS  
ADDICTION

LOSS OF APPETITE  
VOMIT

HEADACHE  
DISEASES

LIVER DAMAGE  
SLEEPINESS

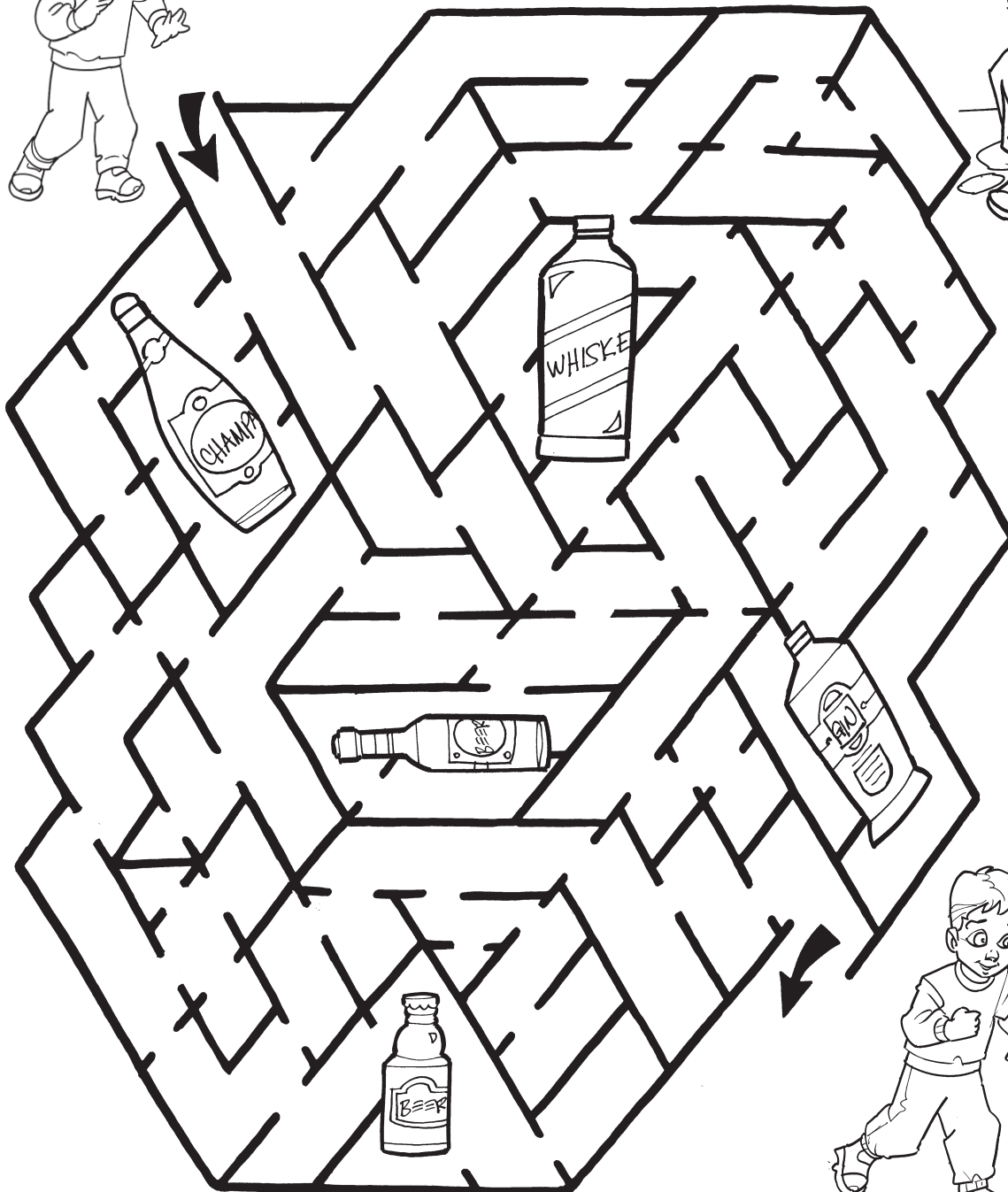
B	W	Q	R	V	R	D	E	J	O	P	X	C	E
S	S	E	N	I	P	E	E	L	S	X	C	T	L
N	R	V	R	V	O	M	I	T	X	C	I	L	E
O	H	P	I	K	B	C	G	X	W	T	L	I	E
H	E	A	D	A	C	H	E	I	E	M	E	N	G
N	A	O	R	V	U	P	W	P	L	B	U	O	A
W	D	U	Y	D	B	O	P	W	O	E	P	I	M
L	A	D	I	S	E	A	S	E	S	A	S	T	A
D	S	H	E	A	F	A	C	H	E	A	A	C	D
U	F	L	W	O	B	S	Q	J	D	W	Z	I	R
F	R	E	S	A	Q	W	W	N	N	F	H	D	E
C	A	S	G	Z	C	V	E	M	I	L	D	D	V
L	O	W	S	I	C	S	D	H	H	T	L	A	I
L	P	S	L	S	S	V	F	Z	L	W	B	U	L

# Did you know....?

**Drinking too much alcohol, is called being "drunk."**

When you've had more than what your body can handle, you could vomit and wake up feeling awful. This is called a "hangover."

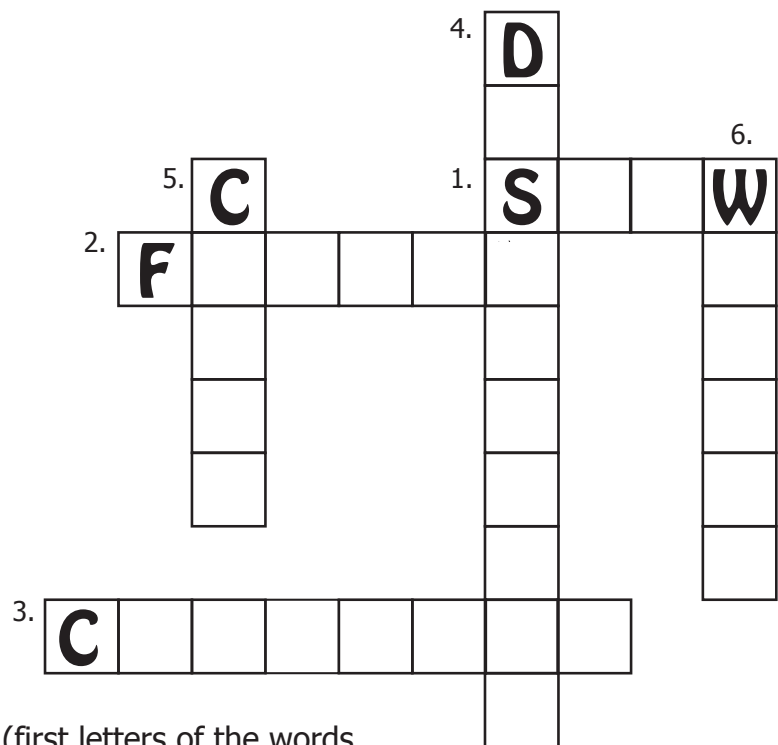
Safely find your way through this maze by avoiding the bottles of alcohol that lead you to a "dead end."



# WORD CROSS D



# F PUZZLE N



**Solve this crossword puzzle** (first letters of the words are given) to find out what marijuana does to you:

**Marijuana makes you:**

**ACROSS**

1. Not quick
2. Have a hard time remembering
3. Not able to figure things out

**DOWN**

4. Unfocused
5. Let out air with a harsh noise
6. Breathe with difficulty

Answer: 1. Slow 2. Forget 3. Confused 4. Distracted 5. Cough 6. Wheeze



# Did You Know...?

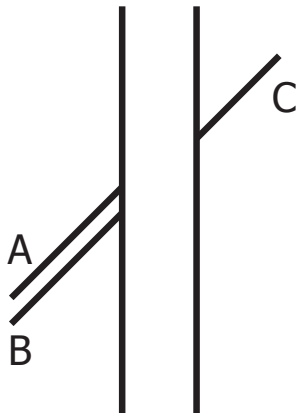
**MARIJUANA** comes from a plant called "cannabis sativa." Marijuana can make you feel paranoid, worrying that something bad is going to happen or someone is going to hurt you.

**When taken in large amounts, marijuana makes you hallucinate or imagine things that don't exist.**

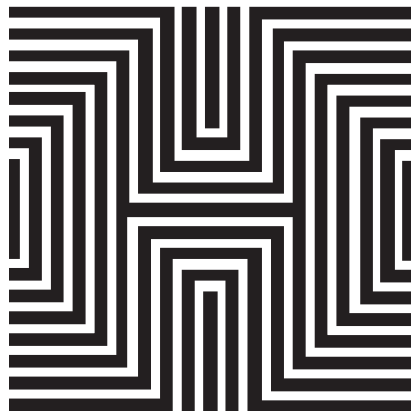
## Optical Illusions

Here are some fun images that play tricks on your mind. Can you solve them?

1. Which line connects to Line C? A or B?



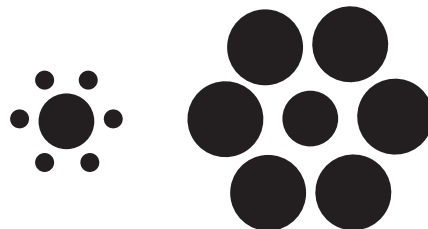
2. Is this a drawing of diamonds or rectangles?



3. What word does this image spell?



4. Are the circles in the center the same size?

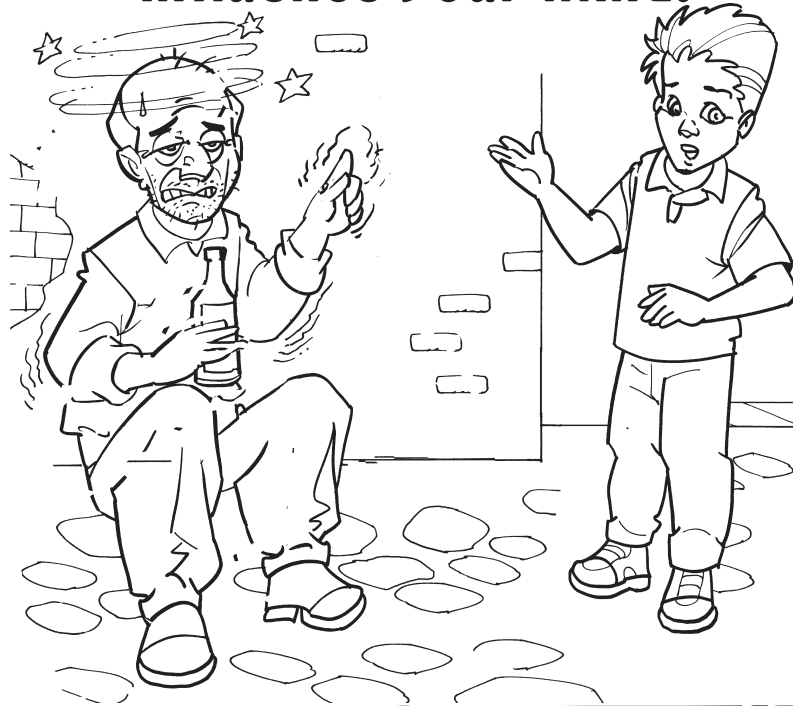


Answer: 1. Line B 2. Rectangles 3. LIFT 4. Same



# Fact or Myth

**Don't let ads or people who use drugs influence your mind.**



**There are many false beliefs (myths) about drugs.  
When you know the facts, you can make the right  
decisions for yourself.**

Identify whether the following statements are myths or facts:

- |  |      |      |
|--|------|------|
| 1. Drug users can't be cured.                                  | Myth | Fact |
| 2. Drugs change the way your brain works.                      | Myth | Fact |
| 3. Alcohol is not a drug.                                      | Myth | Fact |
| 4. It doesn't hurt to try.                                     | Myth | Fact |
| 5. There are better things to do than drugs.                   | Myth | Fact |
| 6. Drugs can be addictive.                                     | Myth | Fact |
| 7. Drugs cause many health problems.                           | Myth | Fact |
| 8. Everyone is using drugs.                                    | Myth | Fact |
| 9. There is help for drug abuse.                               | Myth | Fact |
| 10. Ads about smoking and drinking promote healthy lifestyles. | Myth | Fact |

**If someone asks you to try tobacco,  
alcohol, or marijuana, give a firm  
answer and stand by it.**



## **10 Ways to Say NO**

NO... I need all  
the brains I've got.

NO...  
I'm not into chemicals.

NO!  
I have to go.

NO! I don't  
want to.

NO  
Thanks!

NO...  
I'll pass.

NO... My parents would  
ground me for life.

**NO!**  
(and walk away)

NO!  
Let's play ball  
instead.

NO... I have better  
things to do than drugs.

# Drug-free Pledge Certificate



In order to lead a healthy, drug-free life,  
I pledge to:

Learn more about drugs and how they harm people

Tell people the facts about drugs

Help my family and friends stay drug-free

Show my friends that there are better things to do than drugs

Set a good example to all the kids like me

This certificate is presented to:

\_\_\_\_\_

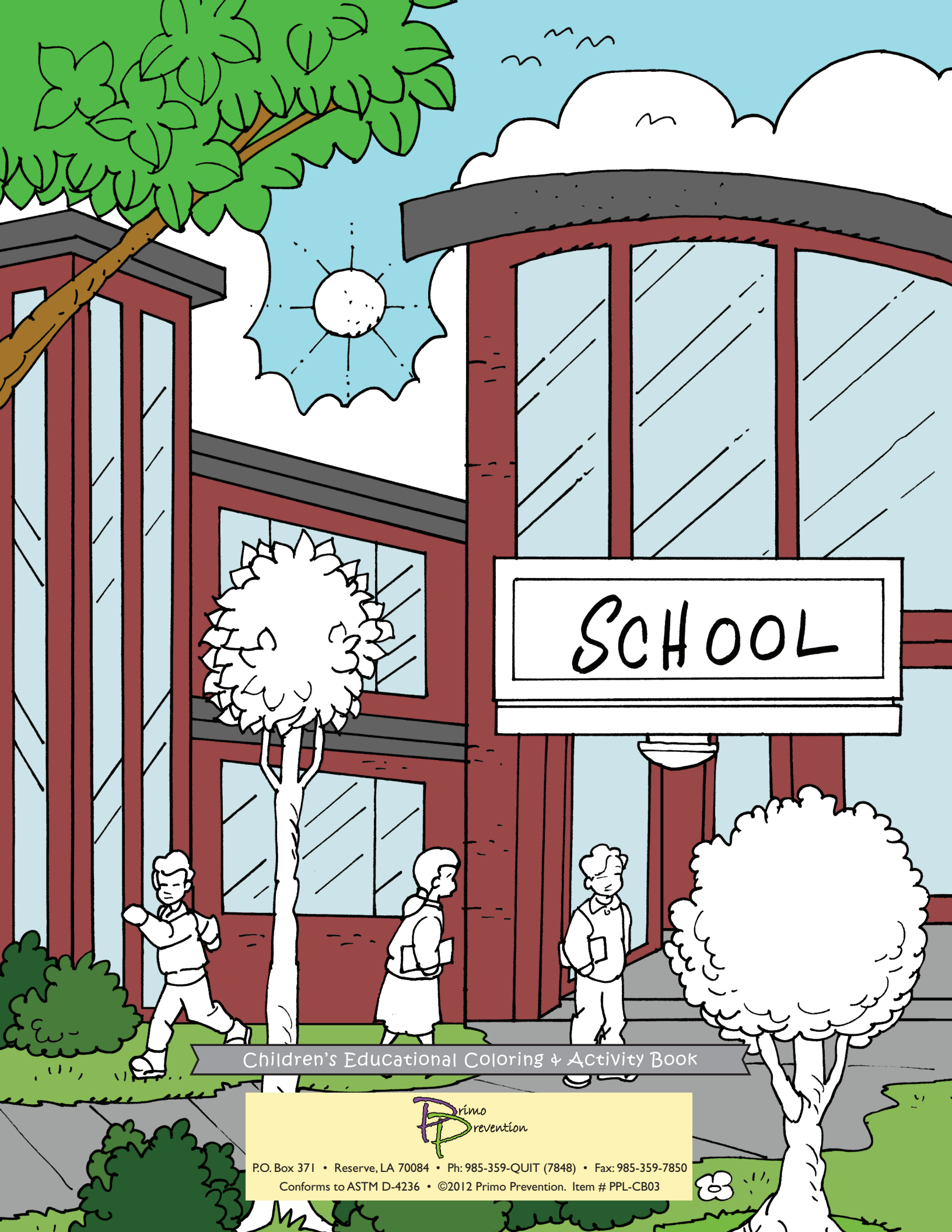
Your Name

\_\_\_\_\_

Date

For completing the BETTER THINGS TO DO THAN DRUGS Activity Book.

## Congratulations!



Children's Educational Coloring & Activity Book



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