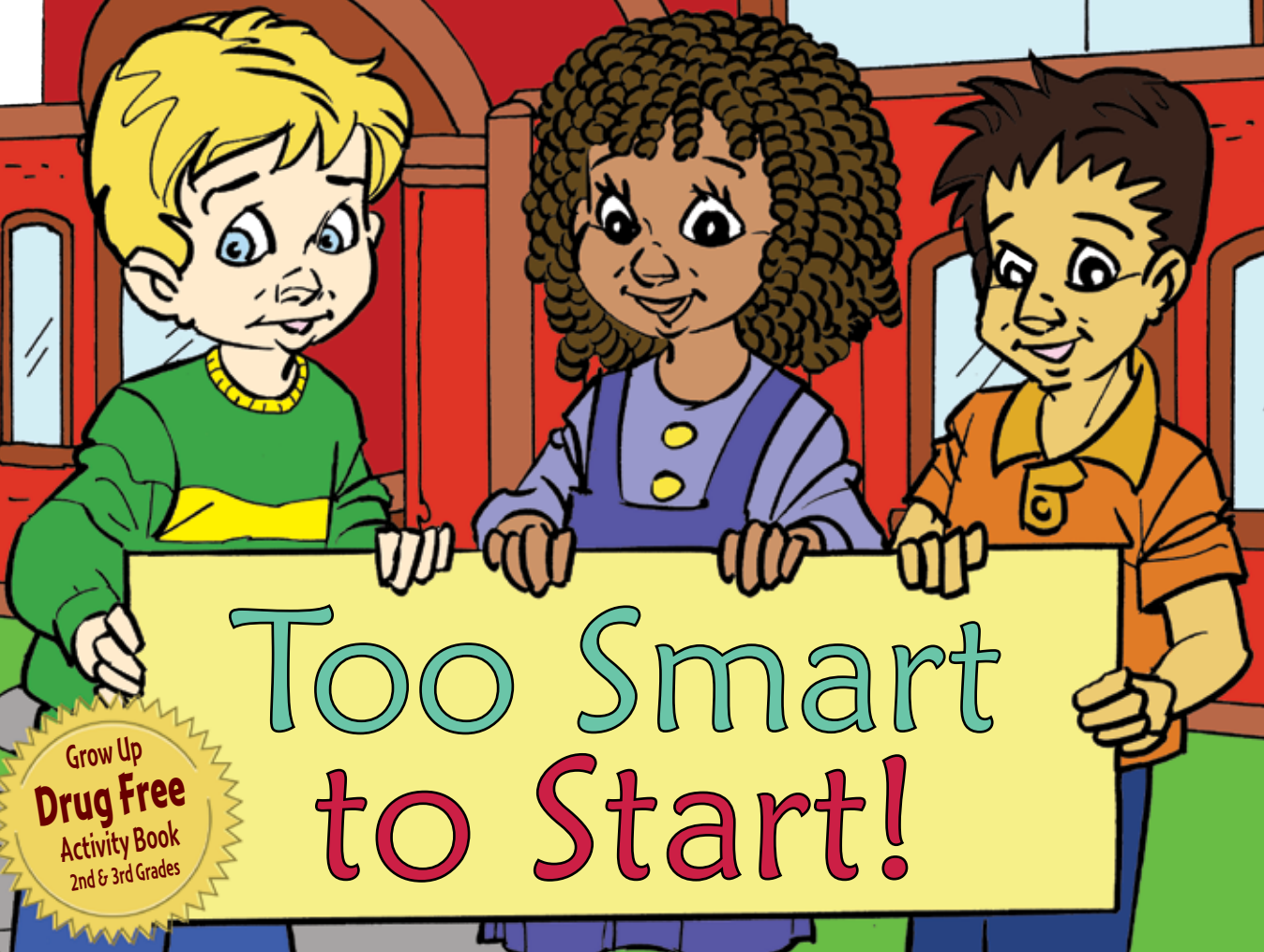


Drug Free
is the Way To Be

Cool Kids Club



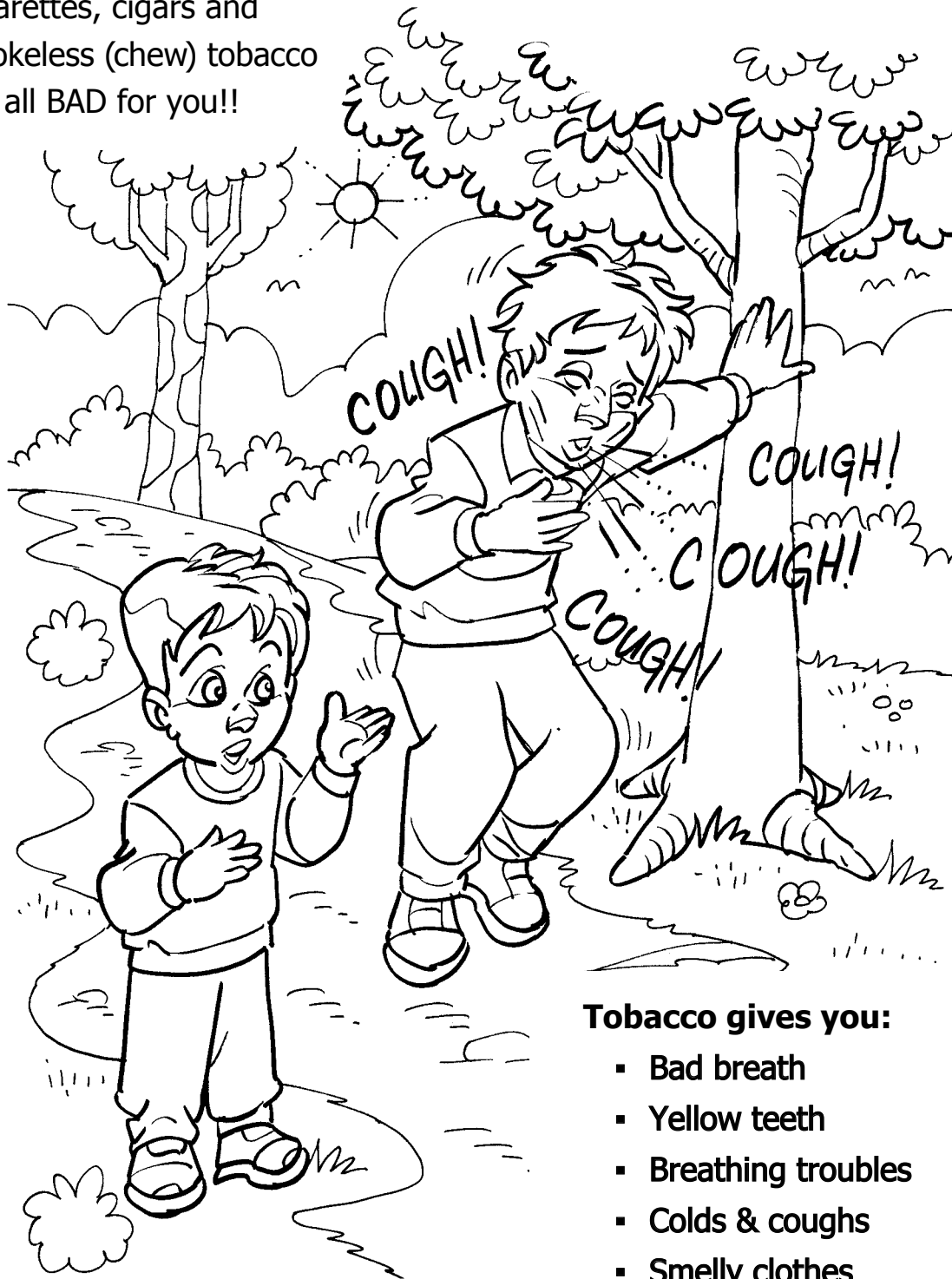
Grow Up
Drug Free
Activity Book
2nd & 3rd Grades

Too Smart
to Start!

TOBACCO IS A DRUG

Making the right choices means staying away from bad stuff, like tobacco, that can hurt your body.

Cigarettes, cigars and smokeless (chew) tobacco are all BAD for you!!

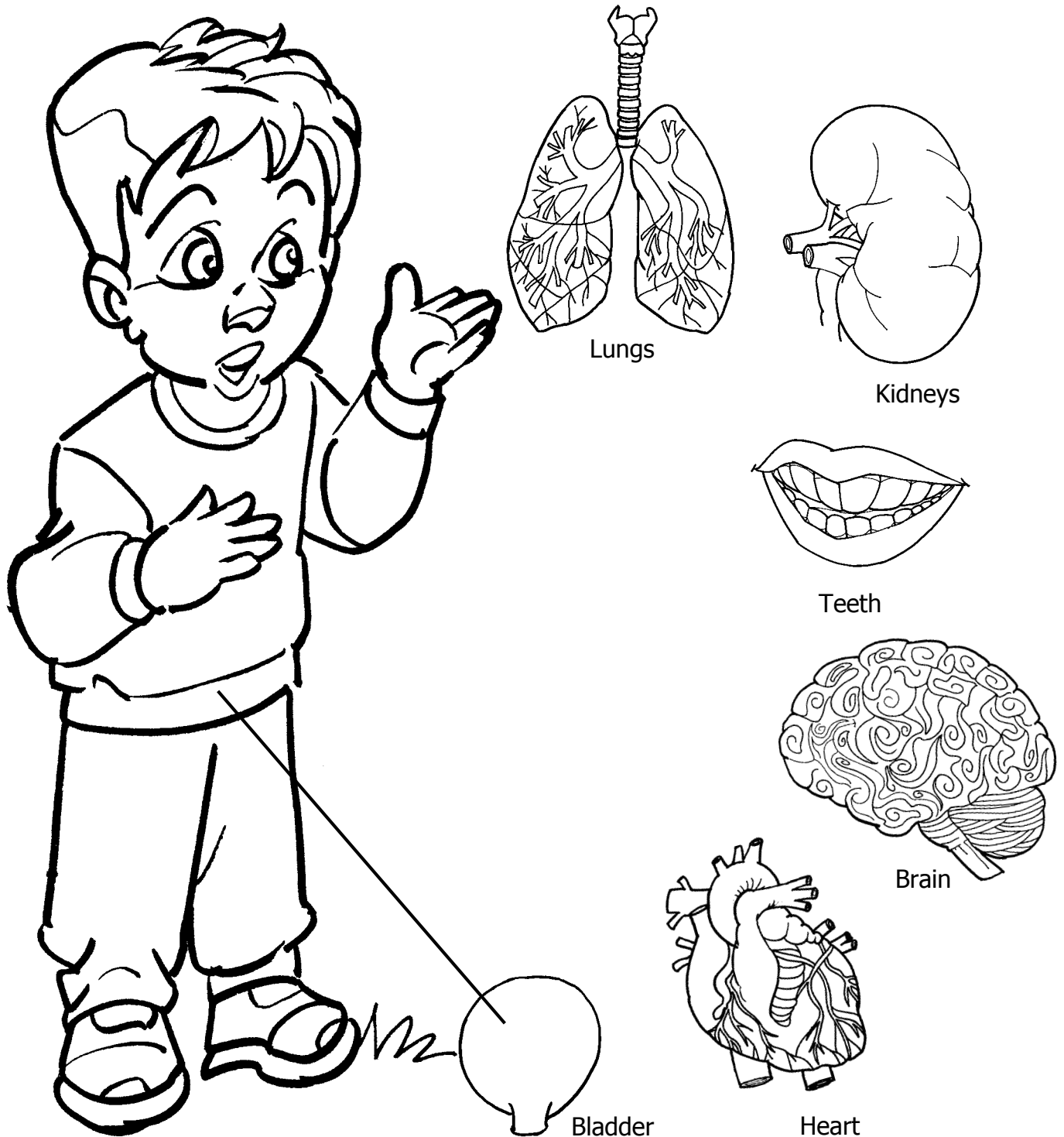


Tobacco gives you:

- Bad breath
- Yellow teeth
- Breathing troubles
- Colds & coughs
- Smelly clothes

Identify Body Organs

Here are the body organs that get damaged from tobacco use. Draw a line from the body organs to where they are on the human body. The Bladder is done for you.



Nicotine is a chemical found in tobacco that makes it hard to quit once you've used it. **That's why it's smart not to start!**

Can you decode this secret message?

**“Even if you don’t smoke,
inhaling cigarette smoke is
harmful to your health.
It is just as dangerous for
you as it is for the smoker.”**



Match the letters and numbers to find the answer.
(The fourth and fifth letters have been done for you.)

<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
19	5	3	O	N	15	14	4	8	1
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
19	13	15	11	5					

**“Keep away from people or areas
where smoking is happening!”**

- 1=a
- 2=b
- 3=c
- 4=d
- 5=e
- 6=f
- 7=g
- 8=h
- 9=i
- 10=j
- 11=k
- 12=l
- 13=m
- 14=n
- 15=o
- 16=p
- 17=q
- 18=r
- 19=s
- 20=t
- 21=u
- 22=v
- 23=w
- 24=x
- 25=y
- 26=z

ALCOHOL IS A DRUG

FIND THE WORDS

Alcohol use changes you in many ways. It slows down your brain, making you think and speak slower than normal.

Find and circle the words on the list to learn how alcohol affects you.



SAD
WORRY

HARD TO QUIT
VOMIT

HEADACHE
SLEEPY

SICK
FULL

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

?? GUESS WHO? ??

Medicines are taken when you're sick and only for the amount that is right for you. Taking too much or the wrong medicine can hurt you.

You should only take medicines that are given by **trusted people**.
Here are some trusted people. Can you name who they are?

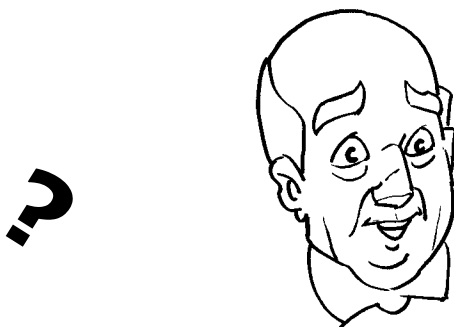


1. _____



2. _____

3. _____



4. _____

Answer: 1. Parents 2. Teacher 3. Doctor 4. Grandparents

Marijuana

is a very harmful drug, because it causes harm to your growing body.

Using marijuana causes many health problems. Fill in the missing vowels (a, e, i, o, u) in the following words to find out what these problems are.

Marijuana makes it hard to:

1. R_m_mb_r things

2. L__rn in school

3. Th_nk clearly

4. Pay att_nt__n

5. St_p coughing and wheezing

6. Stay f_c_s_d



✓ Check the FACTS

There are false beliefs or myths about marijuana.

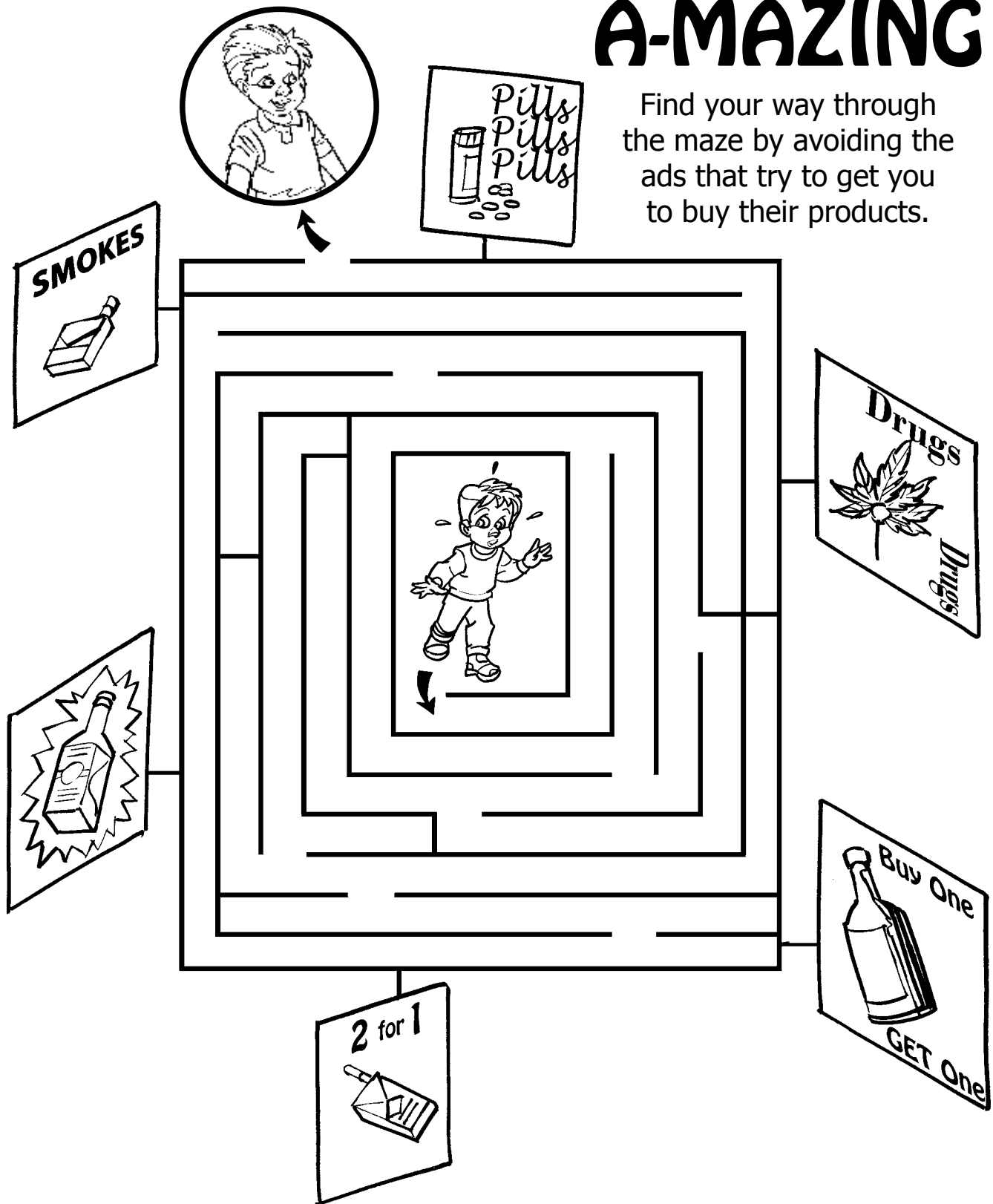
Put a "✓" by the facts and "X" out the myths.



Answer: 1. Fact 2. Myth 3. Fact 4. Myth 5. Fact

A-MAZING

Find your way through the maze by avoiding the ads that try to get you to buy their products.



Ads on TV and in magazines make it look cool to smoke and drink. The truth is, ads are made to get you to buy their stuff; NOT to help you grow healthy and drug-free.



10 Ways to Say “NO”

**If someone asks
you to try tobacco,
alcohol, or
marijuana, just
say “NO” and
WALK AWAY!**

NO... I need all
my brainpower.

NO...
I care about my health.

NO!
It's bad for
my body.

NO! I don't like
this stuff.

NO!
It's bad for
my mind.

NO!
I have better
things to do.

NO... I promised my parents
I would never do drugs.

NO!
I don't need drugs
to have fun.

NO!
I'm going to play
with my friends.

NO... I have to leave
right now!



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

Eat good food, sleep well, and get a lot of exercise.

Stay away from anything that could hurt myself and my growing body.

Show my friends that living healthy and drug-free is more fun.

Set a good example to all the kids like me.

This certificate is presented to:

Your Name

Date

For completing the TOO SMART TO START Activity Book.

Congratulations!



Children's Educational Coloring & Activity Book



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