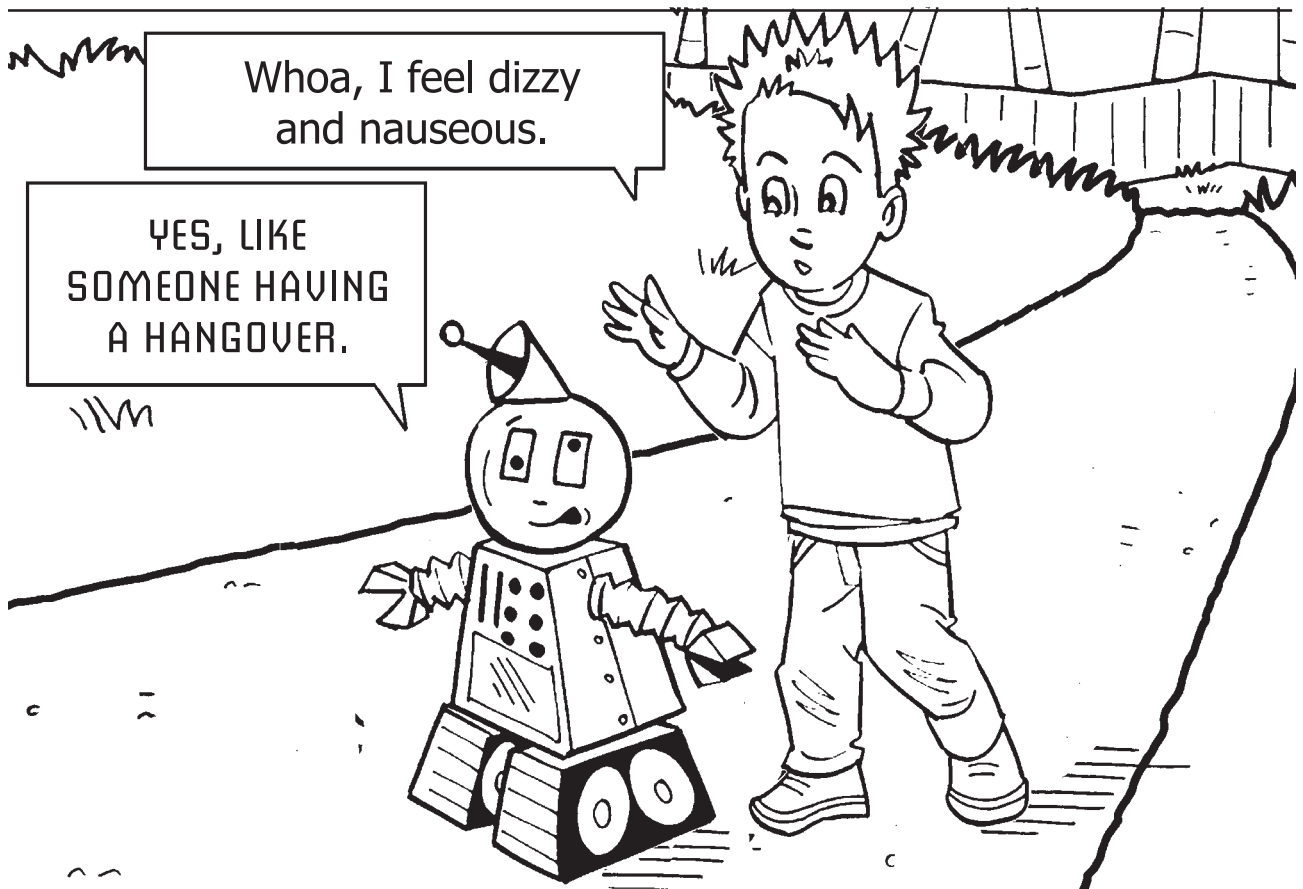


Say No to **ALCOHOL**



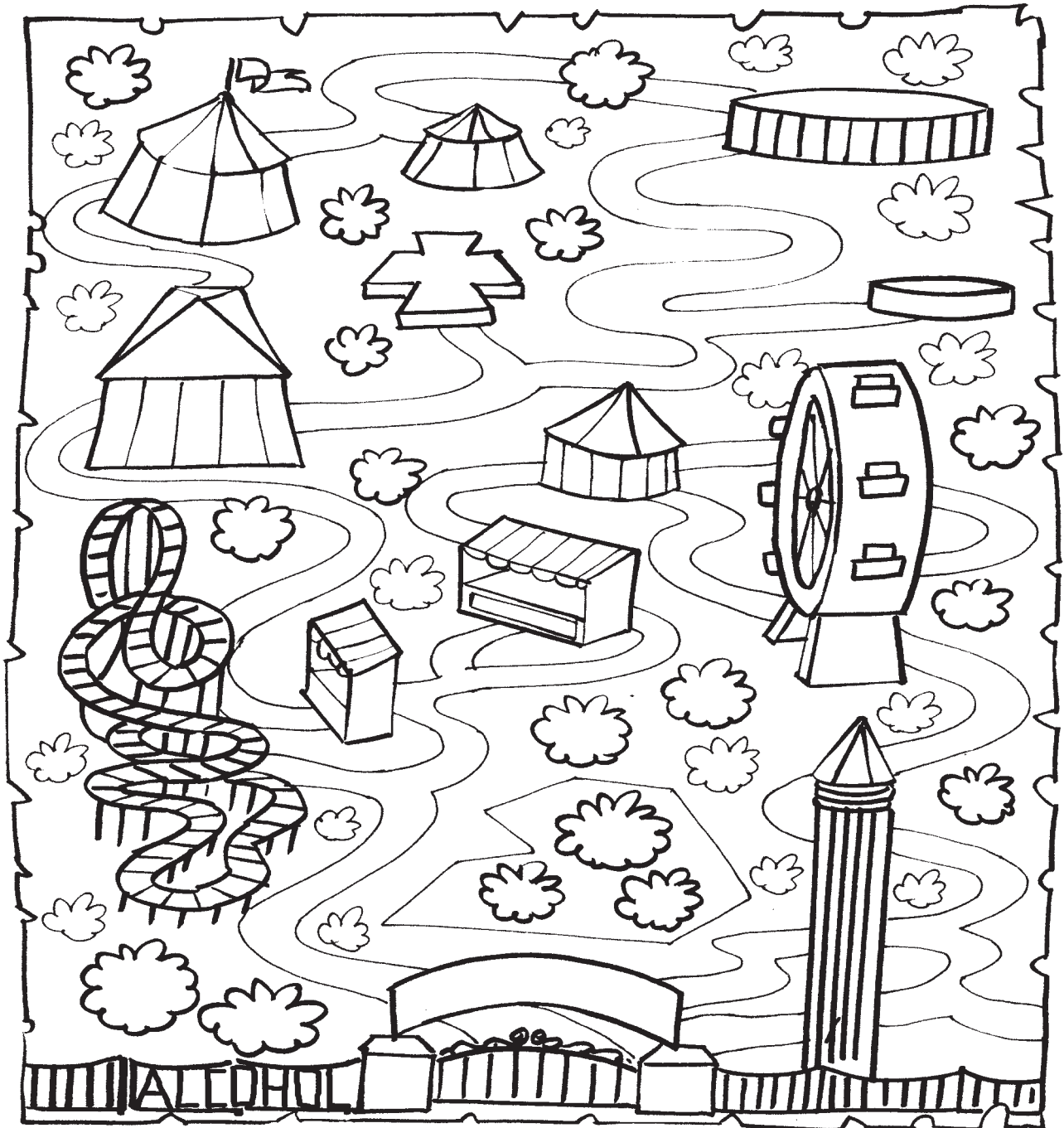
This book belongs to

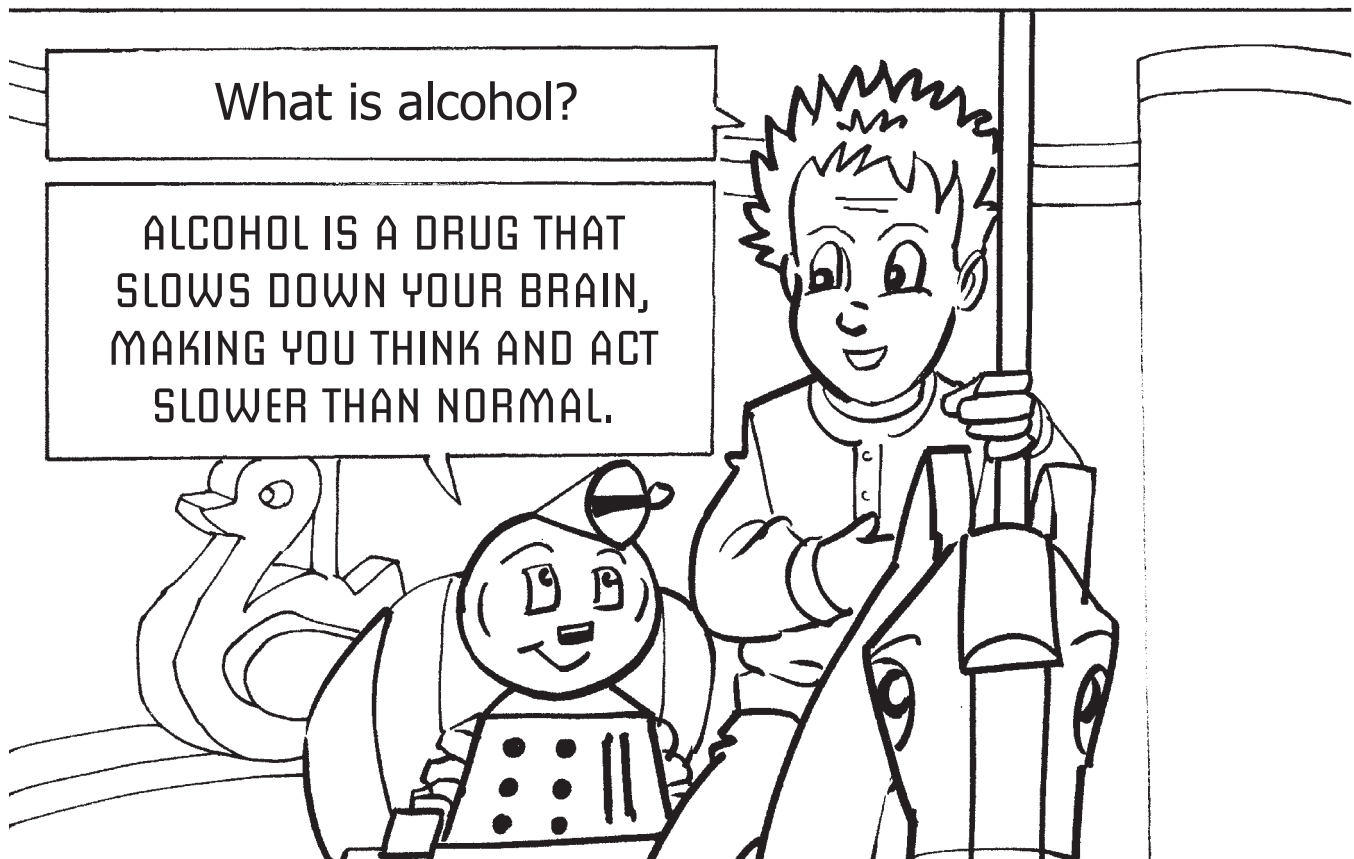
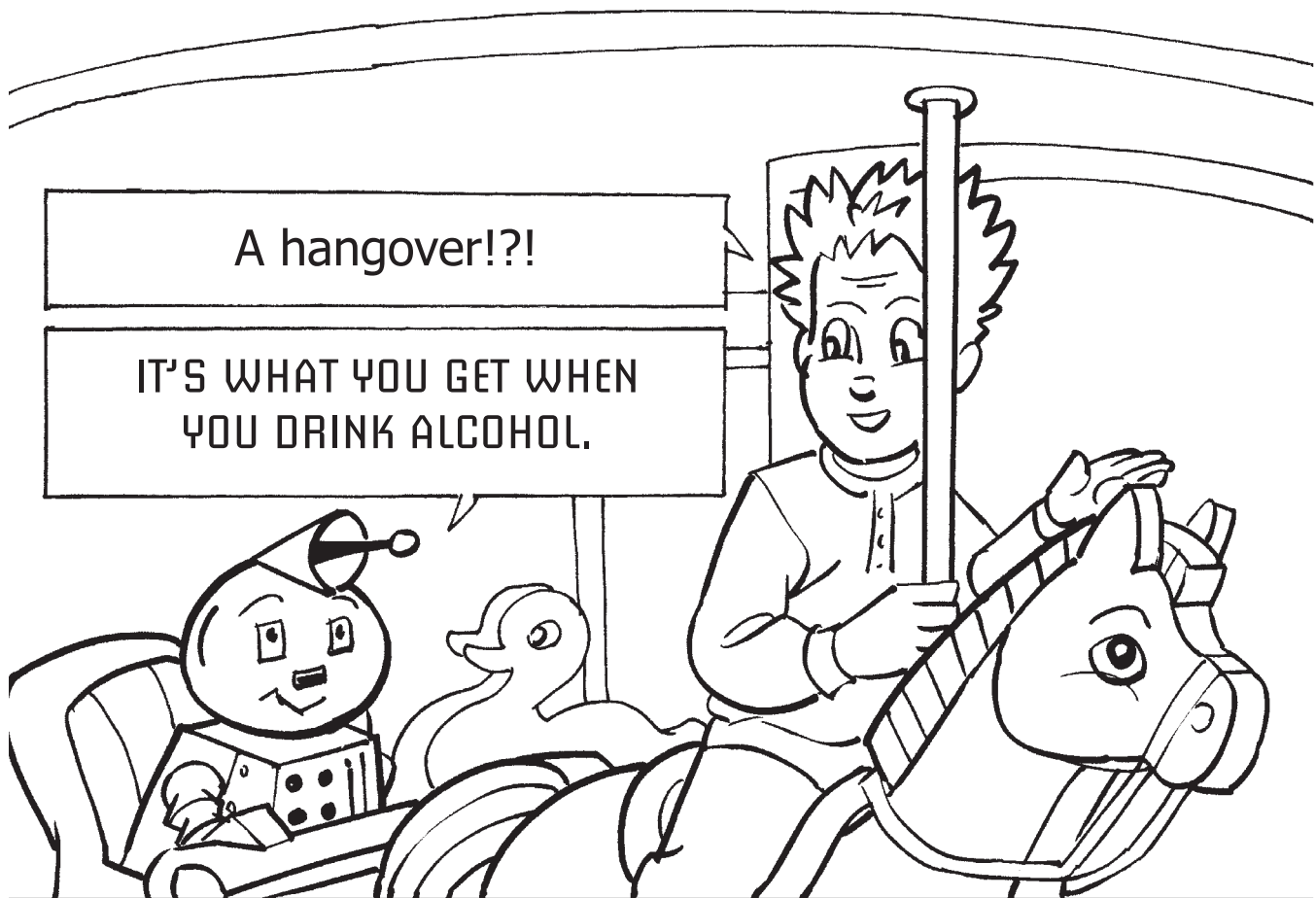


HIDDEN WORD

Find the hidden word in this picture
and learn what this book is about.

Write your answer here.

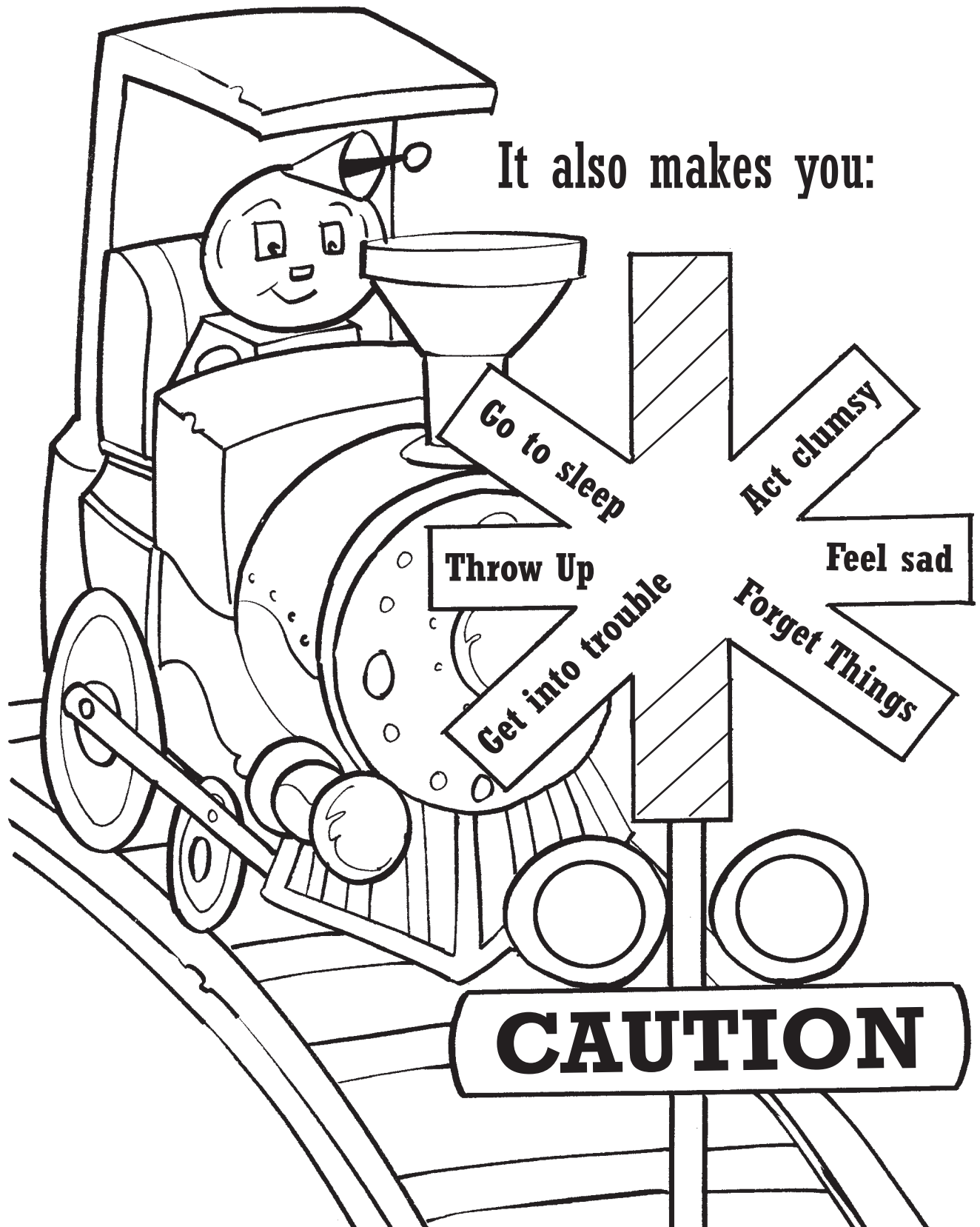






A black and white line drawing of a rectangular maze. The maze is composed of several interconnected paths and dead ends. Various alcohol names are placed within the paths: "BEER" is at the top left, "WINE" is in the upper middle, "RUM" is in the middle left, "VODKA" is in the lower left, "CHAMPAGNE" is in the lower middle, "WHISKEY" is at the bottom center, and "GIN" is on the right side. An arrow at the top left points downwards into the maze, and an arrow at the bottom right points downwards away from the maze.

Drinking too much alcohol gives you more
than just a headache.



It also makes you:

Go to sleep

Act clumsy

Feel sad

Forget Things

Get into trouble

Throw Up

CAUTION

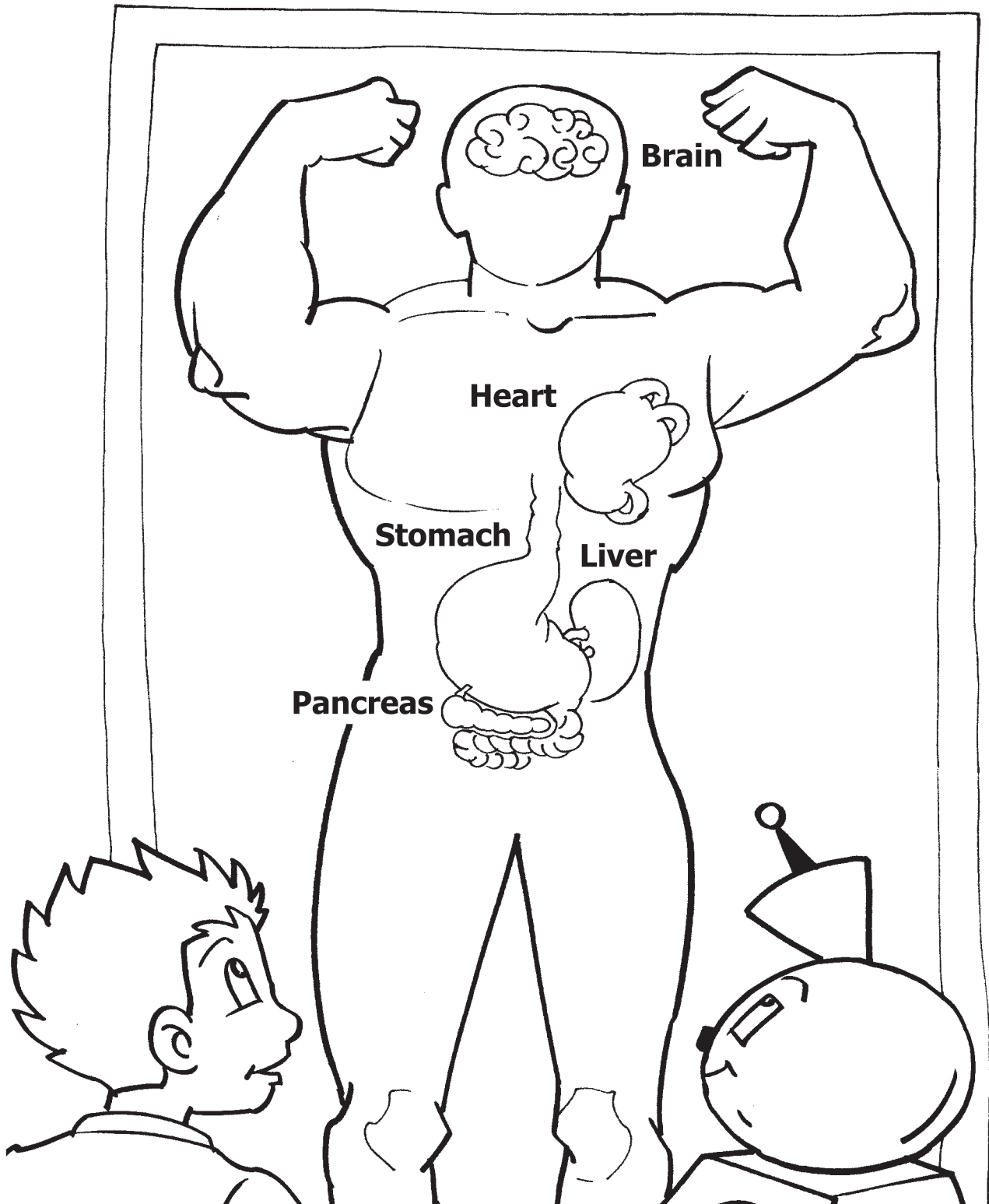
Drinking alcohol over time will hurt important body organs like the brain, heart, liver, pancreas, and stomach. Color in the body organs:

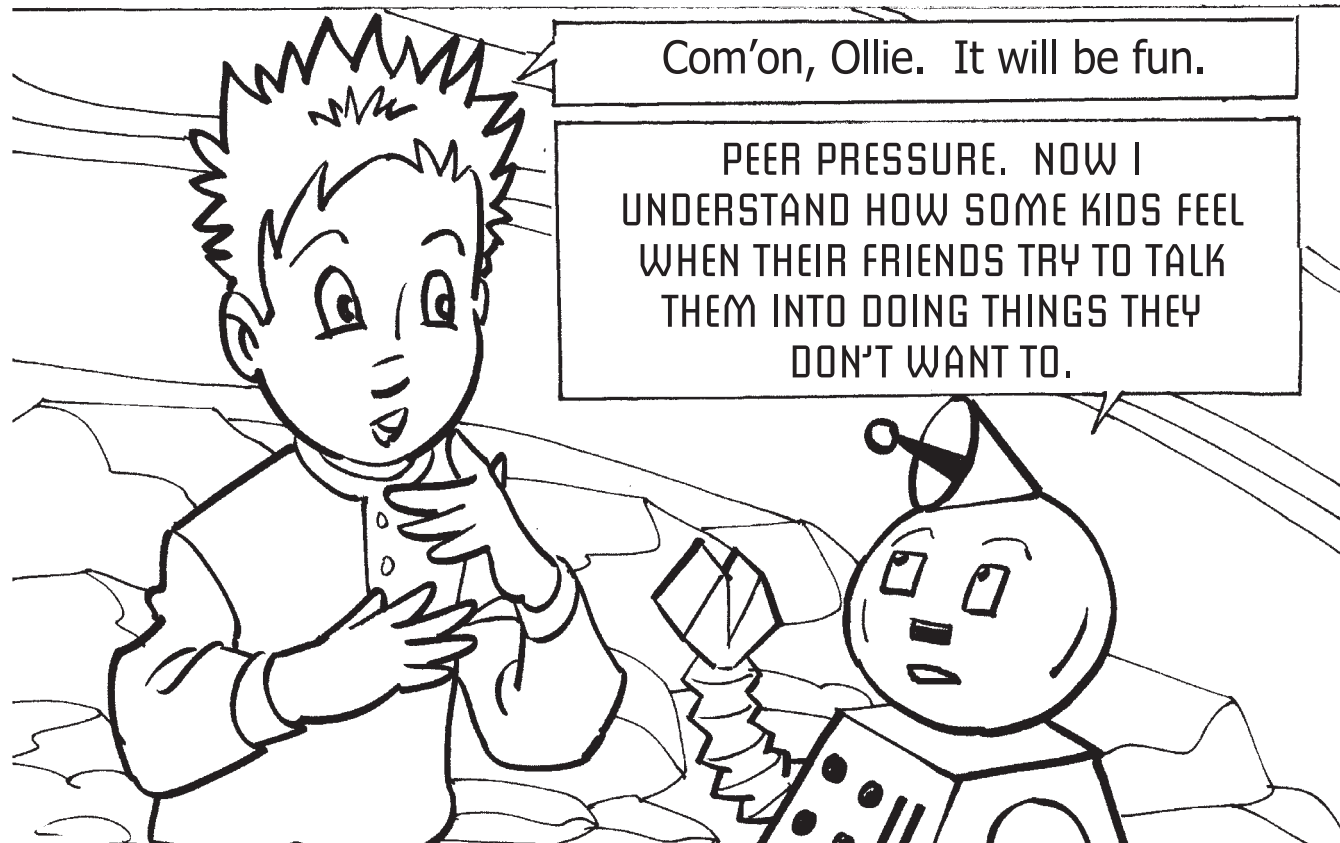
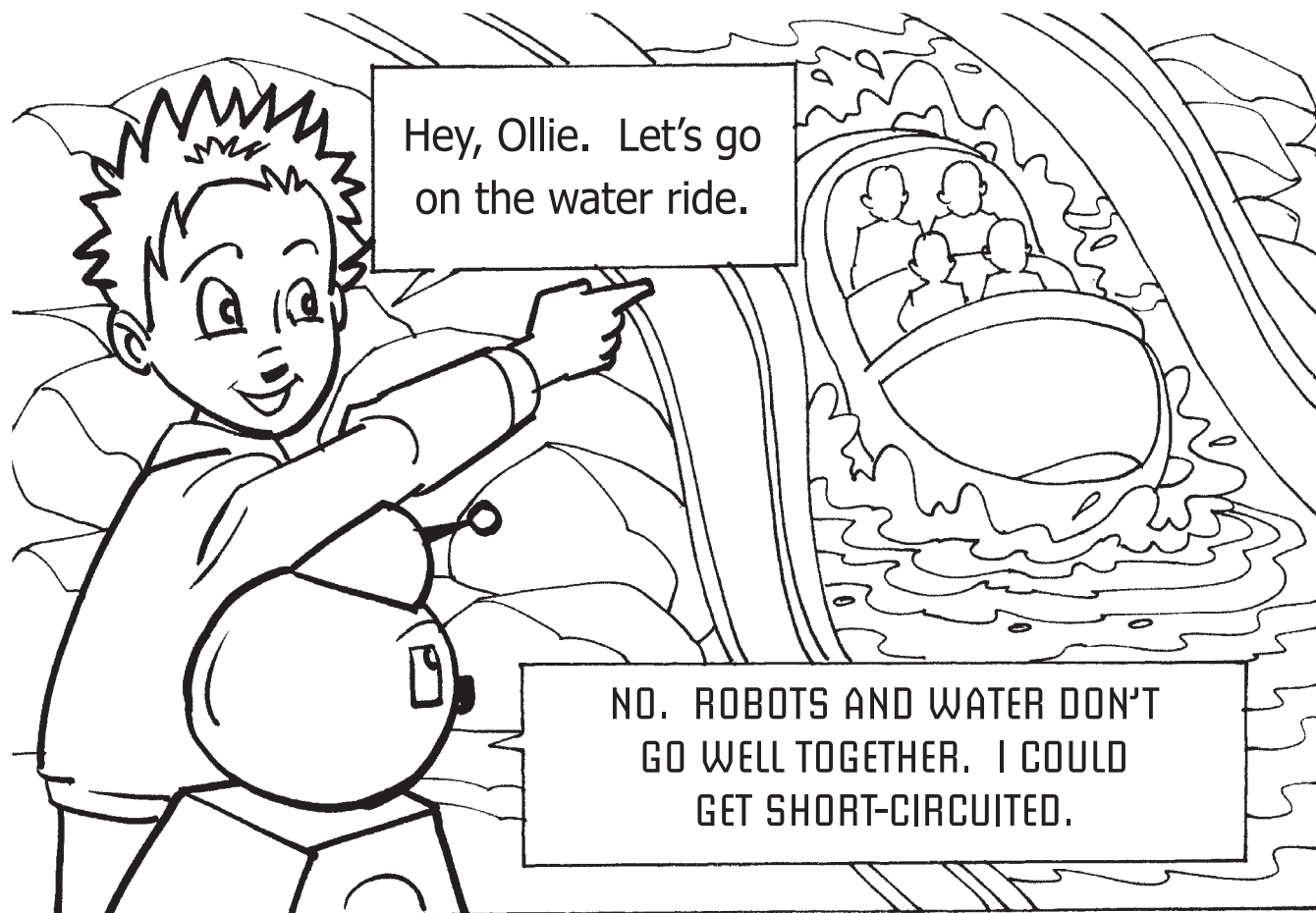
Brain, Stomach = Pink

Heart = Red

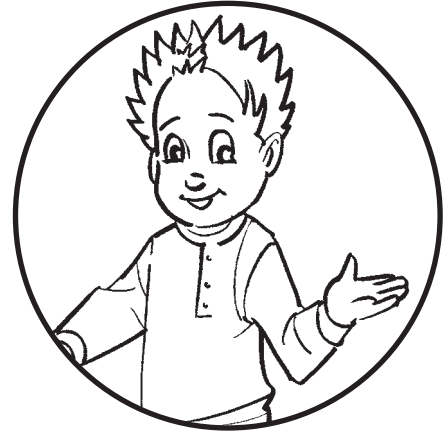
Liver = Brown

Pancreas = Yellow





FILL-IN FUN



Some kids got the wrong messages from ads and people who drink alcohol. Fill in the blanks with the correct vowels (a, e, i, o, and u) to find out why some kids drink:

1. They want to look c _ _ l.
2. They want to act gr _ wn- _ p.
3. They want to be p _ p _ l _ r .
4. They think _ v _ r y _ n _ drinks.
5. They are c _ r _ _ _ s.

ROBOTS LIKE RIDES LIKE THIS.

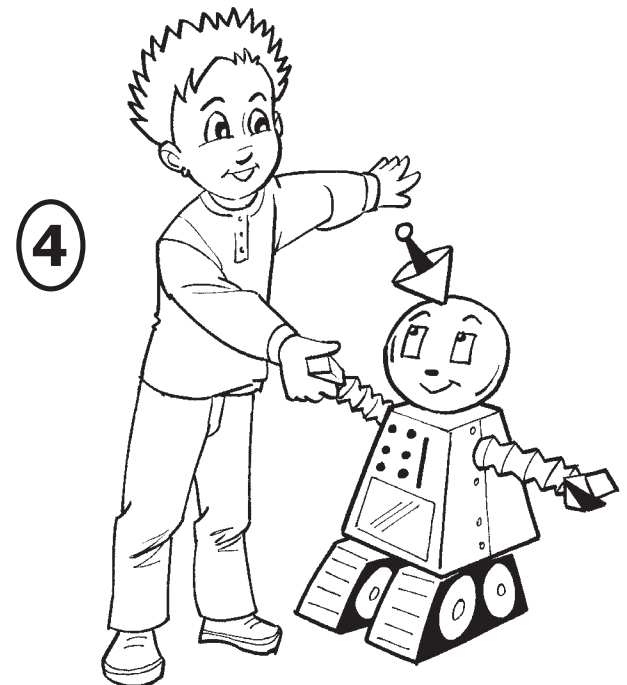
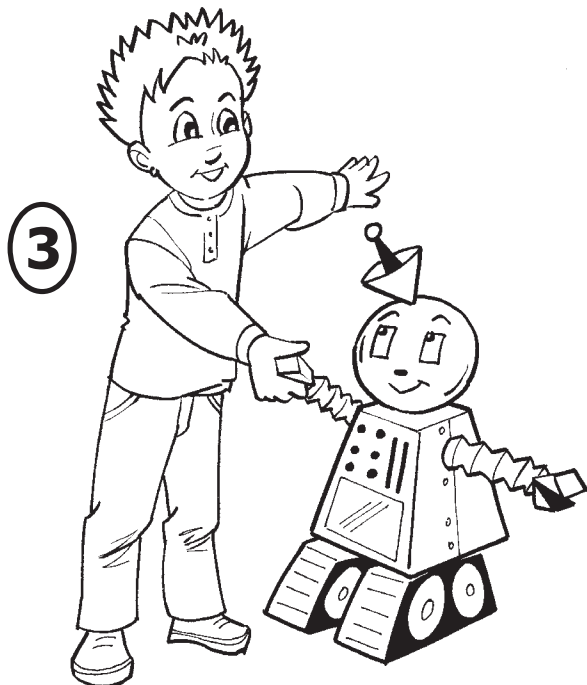
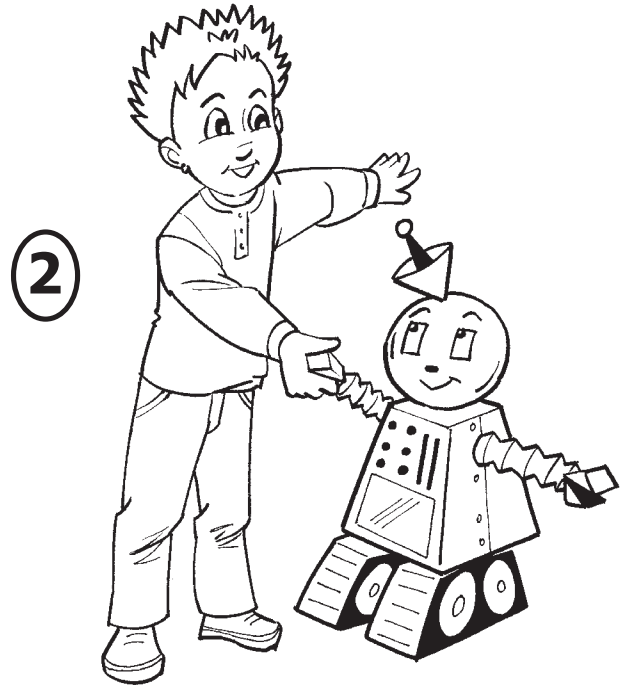
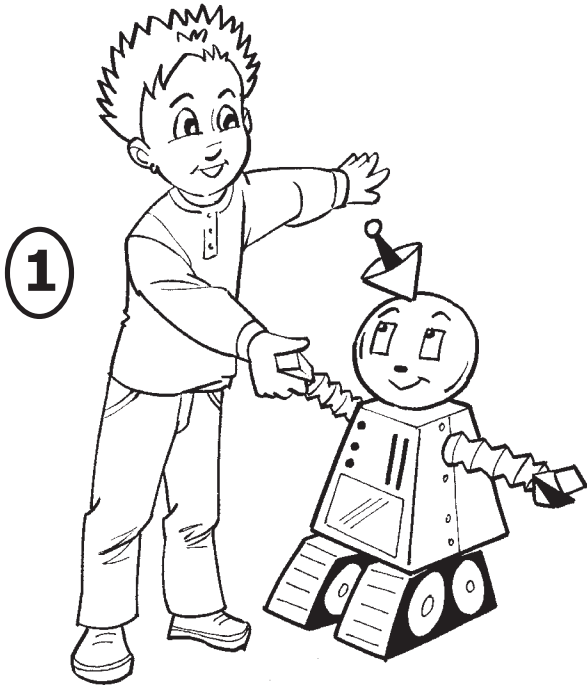
Oh, I'm sorry for pressuring
you at the water ride.

Yes, you were smart
not to listen to me.

YOUR APOLOGY IS
ACCEPTED. FRIENDS
DON'T TALK FRIENDS
INTO DOING SOMETHING
THEY DON'T WANT TO.

WHICH TWO ARE THE SAME?

Ollie and Jake are good friends. They help each other stay safe.
Which two pictures are exactly alike?



See answer on next page

Alcohol is nothing but trouble. Here's why:

A LCOHOL HURTS YOU AND THE PEOPLE YOU LOVE.

L IFE WITH ALCOHOL IS BAD NEWS.

C OPING WITH PROBLEMS CAN BE DIFFICULT.

O VERDRINKING MAKES IT HARD TO QUIT.

H AVING A HANGOVER IS NOT FUN.

O VERUSE OF ALCOHOL MAKES YOU SICK.

L EARNING NEW THINGS IS NOT EASY.



WORD SEARCH

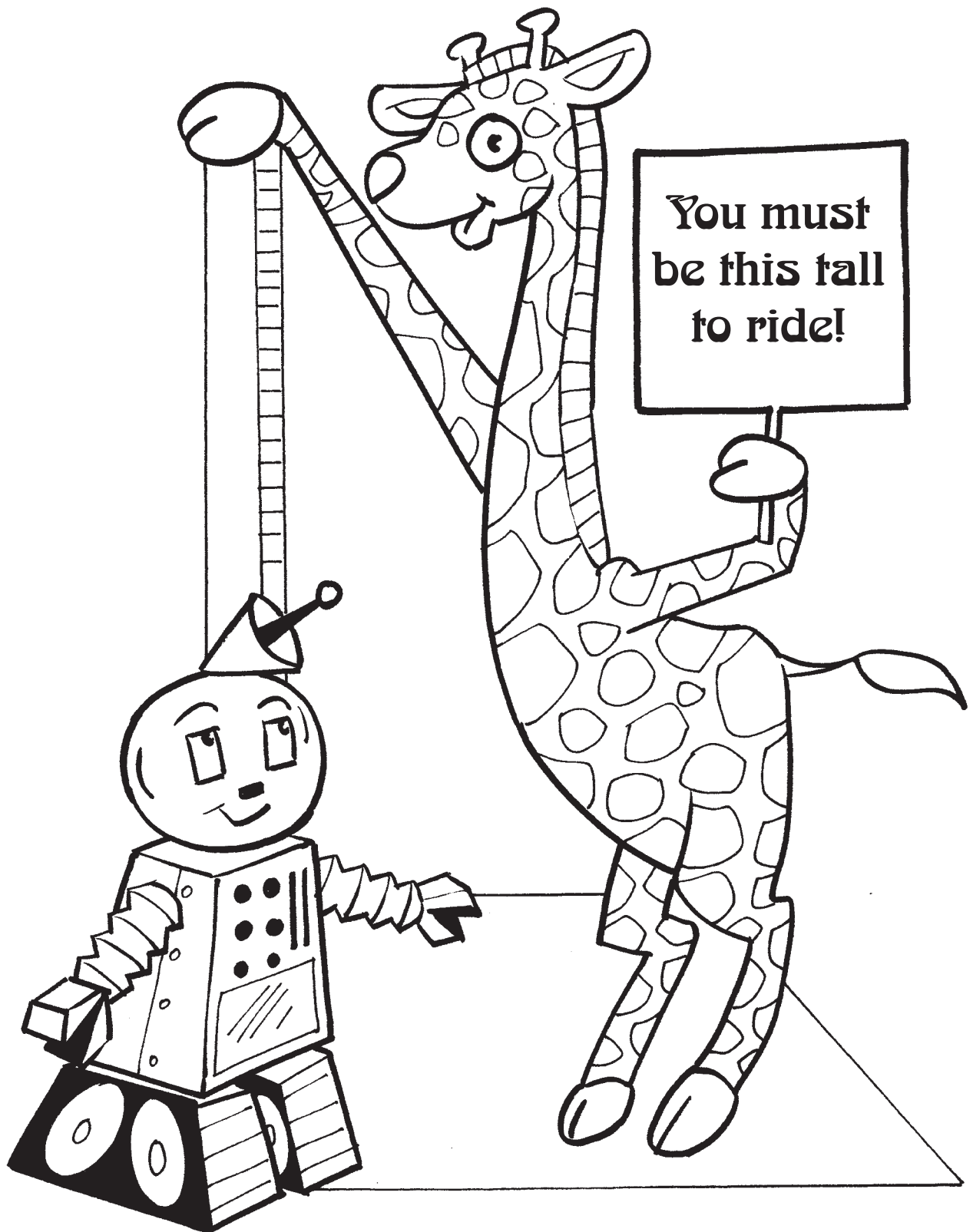
There are better things to do than drinking alcohol.

Find the words on the list to get some ideas:

- Soccer
 - Skate
 - Swim
 - Read
 - Baseball
 - Bike
 - Music
 - Dance
 - Draw
 - Craft
-

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

Your body needs the right stuff like food and exercise in order to grow. Drinking alcohol can stop your body from growing. This means that you may not be as tall or as smart as you could be.



Secret Code

If you think a family member or friend is drinking alcohol, here are some things you can do to help:

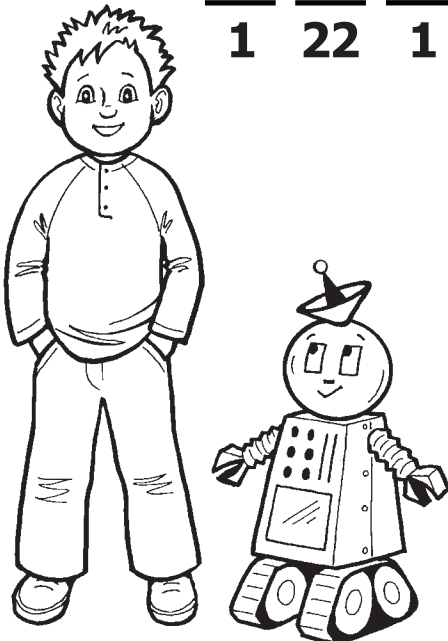
- Show them that you love them, and you don't want them to get sick
- Tell them the facts
- Talk to a trusted adult about how you feel

Match the numbers to the correct letters and write letters on the blanks. This will spell out an important message to your loved one:

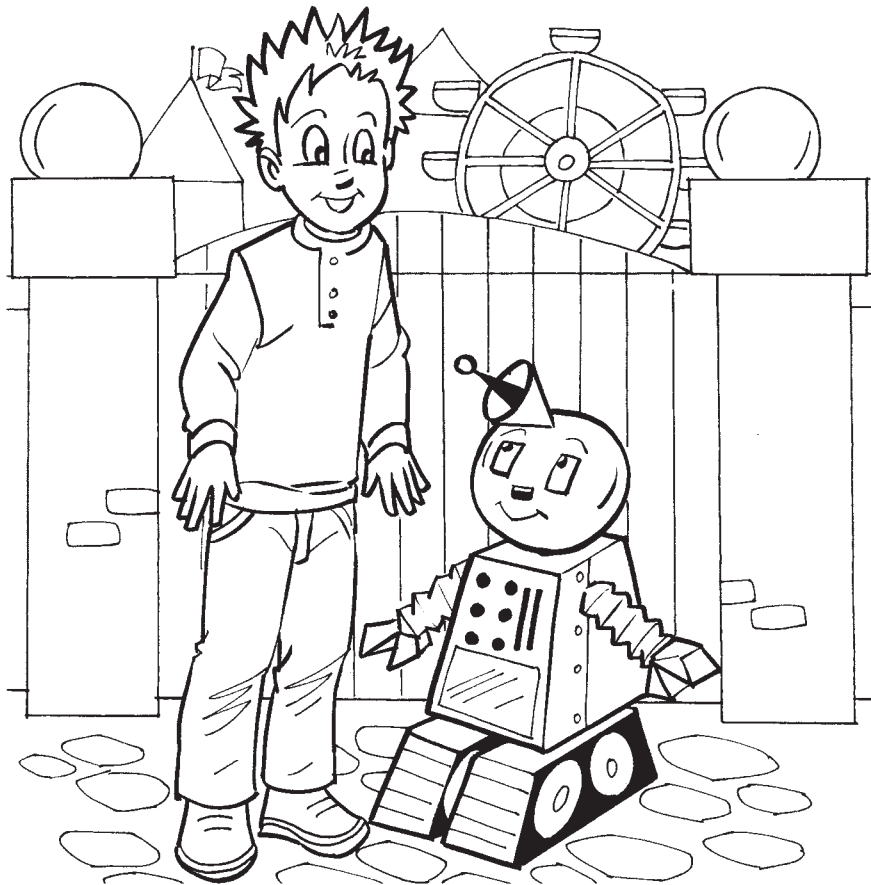
20 8 5 18 5 9 19

8 5 12 16

1 22 1 9 12 1 2 12 5 !



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 Free Pledge

*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.*

Sign your name here