

# Drug Free is the Way for Me!

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



**SADDLE RIVER FIRE PREVENTION BUREAU**

**Emergency 9-1-1**

# Drug Free

is the Way for Me!



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*This book belongs to*

**Hi, my name is Terry.**



**I love sports because they keep me moving all the time which is good for my body. Sports also keep me busy and away from bad stuff like drugs.**

# WORD SEARCH

There are many ways to be active and keep your body strong and super healthy. Find and circle the hidden words in the puzzle that make you feel super terrific.

LEARN  
PLAY  
DRAW

WALK  
SLEEP  
READ

EAT  
DANCE  
SING

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

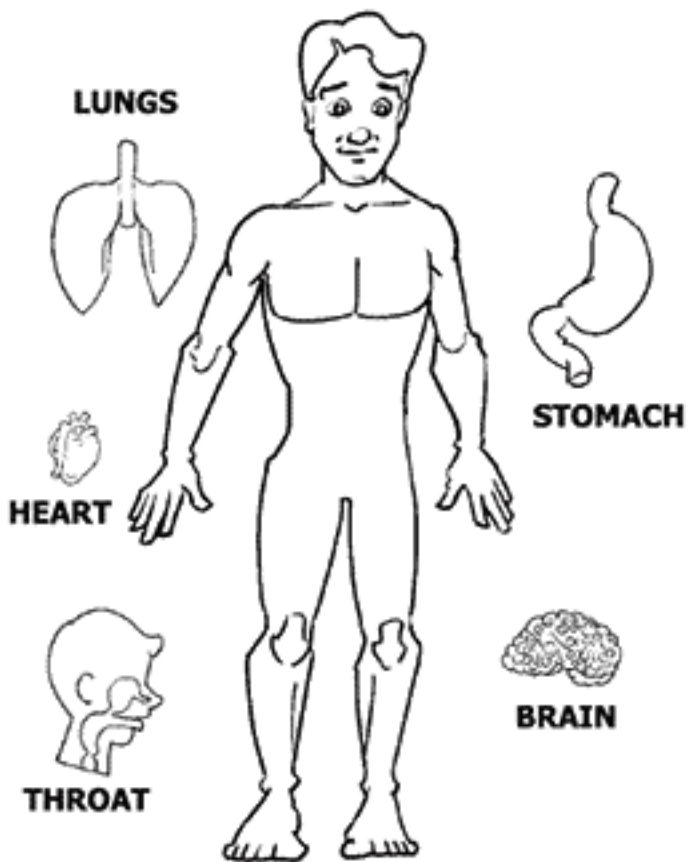
**Tobacco is a plant used to make cigarettes and cigars. Nicotine is a chemical in tobacco that makes it hard to quit smoking once you've started.**



**Be smart. Don't start!**

# MATCH IT UP

Here are some of the body organs that can get damaged from smoking. Draw a line from the body organs to their correct places in the human body.



# Alcohol is a drug.

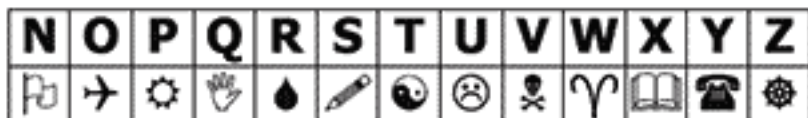
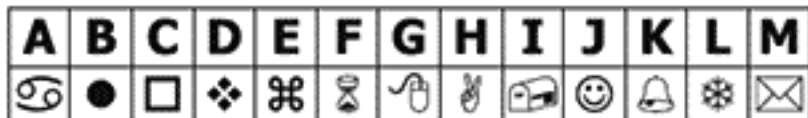
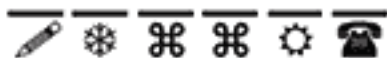
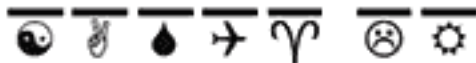


**Alcohol is not good for kids because it stops our bodies from growing. When you use alcohol, you might not grow as strong or as tall as you could be.**

# SECRET MESSAGES

Alcohol is nothing but trouble.  
Match the symbols with the correct letters to find  
out how alcohol could hurt you:

Alcohol makes you:





**Did you know that medicine can also be dangerous?  
You should only take medicine given to you by your  
parents or other trusted adults.**



# HIDDEN DANGERS

There are five dangers in this picture that would make your body sick. Find the 5 hidden items below.



Alcohol



Glue



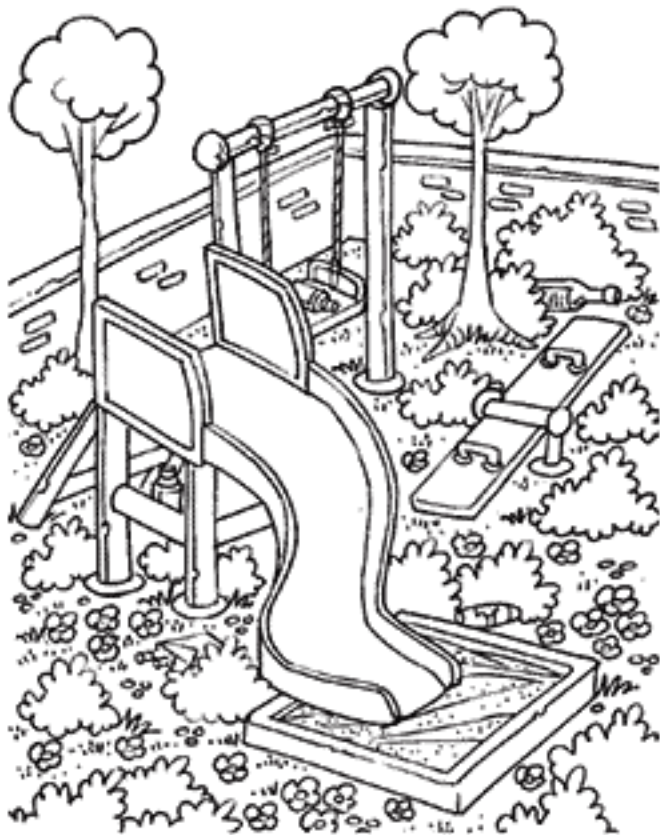
Cigar



Cigarettes



Medicine



**Some kids get the WRONG messages about drugs from ads or people who use them. They think drugs:**

- **make them cool**
- **make them look grown-up**
- **make them popular**
- **are okay because their friends use them**



# AMAZING HOME RUN

Some kids might feel pressure from friends to try drugs. Don't give in. Learn the facts and stay on track. Help Terry find his way home without getting lost in the dead ends.



**Design your own "DRUG FREE IS THE WAY FOR ME" poster. Show how drugs are bad for you and what fun things you can do instead.**



# Who Can Help?

Most people don't use drugs because they know the facts. Circle the trusted adults who can help you learn more facts about drugs.

1



2



3



4



5



**Your body is an awesome machine. It can do a lot of fun things like running, dancing, jumping, and singing.**



**Drugs like alcohol and tobacco hurt your body and keep it from working right. I'd rather play ball, wouldn't you?**

# 10 WAYS TO SAY NO

If someone asks you to try tobacco, alcohol, or other drugs, just say NO and walk away.

Here are 10 other ways to say NO to drugs:

**NO! ...I don't like this stuff.**

**NO! ...It's bad for my body.**

**NO! ...It's bad for my mind.**

**NO! ...Let's play ball instead.**

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

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

**NO! ...I have to go now.**

**NO! ...I am not into chemicals.**

**NO! ...I need all my brainpower.**

**NO! ...I have better things to do.**





# BE A WINNER

There are lots of ways  
to be a winner:

- Walk your dog
- Draw a picture
- Read a book
- Get a lot of exercise
- Tell a joke
- Play a sport
- Help someone
- Find your own special talent



## Drug Free

is the Way for Me!

*I promise to:*

- *Learn more about drugs and how they hurt 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*

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Sign your name here



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