

Smart Kids Say **NO to Drugs!**

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Johnson County Sheriff's Dept.
Sheriff Mike Reece
EMERGENCY 9-1-1

"Secure Your Future-Be Drug Free!"

Smart Kids Say **NO to Drugs!**



This book belongs to

**There are lots of things we can do
to keep our bodies healthy and strong.**



★ Eat right



★ Exercise



★ Laugh



★ Play



**But there's something
we should NOT do!**



**Drugs, alcohol and cigarettes are absolutely the worst,
most gross, icky, nasty things you can do to your body.**

Your body is an awesome machine.



- It can run and leap and dance and sing.
- Your brain stores incredible amounts of information you learn at school.
- Your heart pumps life-giving blood.
- Your lungs give you oxygen you need to breathe.



**So why would
anyone be dumb enough
to take drugs, drink alcohol
or smoke, which mess
absolutely everything up?**





- Drugs make it hard to talk, walk, see, play, run, dance and do everything fun.
- Drugs can make you sick and they can even make you **DIE!**





**Smoking...
WAKE UP CALL!**

Smoking causes lung cancer.

Smoking is expensive and a bad habit.

Once you start, it's hard to quit.



WHAT ARE DRUGS?



- Drugs are **CHEMICALS**.
- Drugs change the way people **THINK**.
- Drugs change the way people **FEEL**.
- Drugs change the way people **ACT**.

DRUG PREVENTION STARTS WITH YOU!

You can change your mind about:

- What song you want to sing.
- What clothes you want to wear.
- What you want to eat for lunch.



Don't EVER change your mind about saying NO to drugs, alcohol and cigarettes.



10 WAYS TO SAY NO TO DRUGS, ALCOHOL AND TOBACCO!

1. **NO!** DRUGS ARE YUCKY!!
2. **NO WAY!** IT'S AGAINST THE LAW.
3. **NO!** I PROMISED MY PARENTS
I WOULD NEVER DO DRUGS.
4. **NO!** IT'S BAD FOR MY BODY.
5. **NO!** IT'S BAD FOR MY MIND.
6. **NO!** I DON'T TAKE RISKS
WITH MY HEALTH.
7. **NO!** I DON'T NEED DRUGS
TO HAVE A GOOD TIME.
8. **NO!** I'M GOING TO PLAY
WITH MY FRIENDS.
9. **NO!** I NEED ALL MY BRAINPOWER.
10. **NO!** I HAVE TO LEAVE RIGHT NOW!

Can you think of other ways to say NO?

WHICH ONE IS DIFFERENT?





THE WORDS ARE ALL MIXED UP.

Can you unscramble the words?

HINT: The word begins with the letter in black

1. yodb _____

2. telhha _____

3. atehr _____

4. glnus _____

5. ceand _____

6. holocs _____

7. lyap _____

8. irfdsne _____

CHOOSE – DON'T LOSE!

Circle the healthy choices and mark a big **X** through the wrong choices.

Cigarettes

Drugs

Sports

Band

Ballet

Baseball

Soccer

School

Music

Alcohol

Dancing



Always Remember...



Fill in the missing word.

- 1. Talk to your _____ about drugs.**
- 2. Stay away from _____.**
- 3. Never _____ cigarettes.**
- 4. Say no to _____.**
- 5. Keep your body _____.**

BE A WINNER!

There are lots of ways to be a winner:



- Help your friends and family
- Work hard in school
- Get lots of exercise
- Have fun with hobbies
- Find your very own special talent
- Cheer your team
- Walk your dog
- Draw a picture
- Tell a joke



**DRUGS FREE
100% ME**

Smart Kids Say NO to Drugs!

I promise: To be smart and stay away from drugs, alcohol and tobacco. To believe in myself and who I want to be. To keep my body healthy. To make the world a better place for kids like me.

Sign your name here



Say
NO!
to drugs



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