



# Being Me

## AND Drug-Free!

LEARNING and ACTIVITY BOOK




# What do you know about drugs?



Drugs change the way your body works. Medicines are drugs that a doctor or parent gives you when you are sick. Some drugs are bad and can hurt you. It is very important you understand the difference between medicines and drugs.

# Cigarettes



Cigarettes contain a drug called nicotine. Smoking does cause lung cancer and heart  disease.

Smoking can become a habit that is hard to break. Some of your

friends  might think

smoking is cool. They are wrong .

Smoking is dangerous and will hurt your body.



# Alcohol

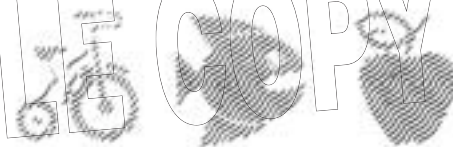
Alcohol is a drug.



Drinking alcohol can make you think and act differently.



Drinking alcohol can make things look unusual.



Drinking alcohol can cause people to have accidents.



Drinking alcohol will hurt you in many ways.



# Activity 1.

A. These drinks have alcohol in them and are bad for you. Put an X over them.



Whiskey



Beer



Wine Cooler



Wine

B. Draw pictures of drinks that are good for growing bodies.

# Who can give you medicine?

Medicines  are drugs that  
a doctor  or parent gives  
you when you are sick. Your  
Mom  and Dad  give  
you the medicine  to make  
you well. Never take medicine  
from your friends   
or neighbors.  Never take  
medicine from a stranger. 

# Activity 2.

Circle the people who can give you medicine.



Doctor



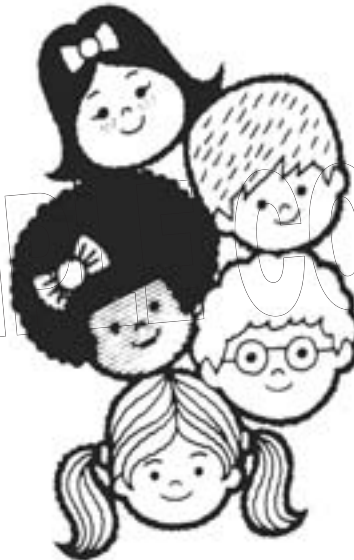
Dad



Stranger



Neighbor



Friends



Mom

Only take medicine if you are sick,  
and only take it from the people  
whom you have circled.



# Activity 3.

Here are some ways you can have fun, feel good and stay healthy.

Draw a line from the sentence to the picture.

Fly a Kite.

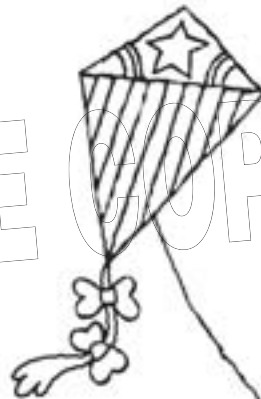
Jump Rope.

Ride a Bike.

Skate.

Draw a Picture.

Play Ball.





# Activity 4:

Draw a picture of you and a friend having fun.

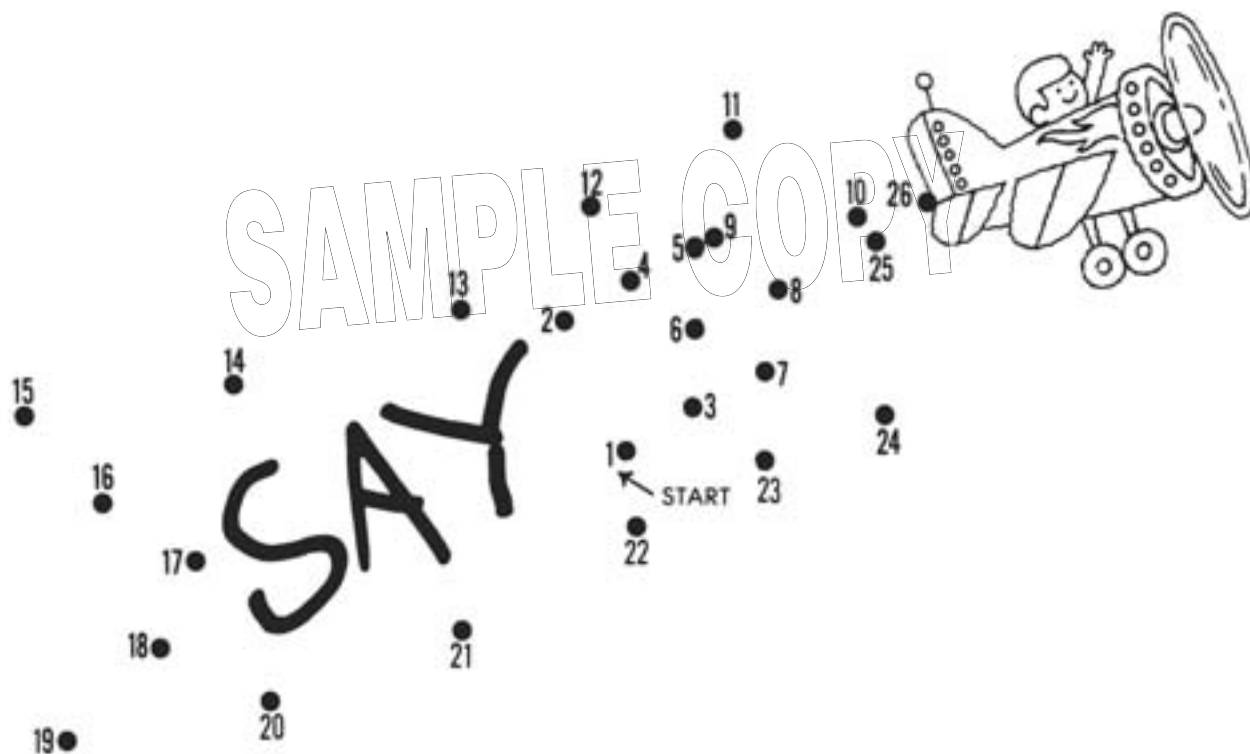
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# Activity 5.

What would you say if someone offered you drugs?

Connect the dots to find the answer.

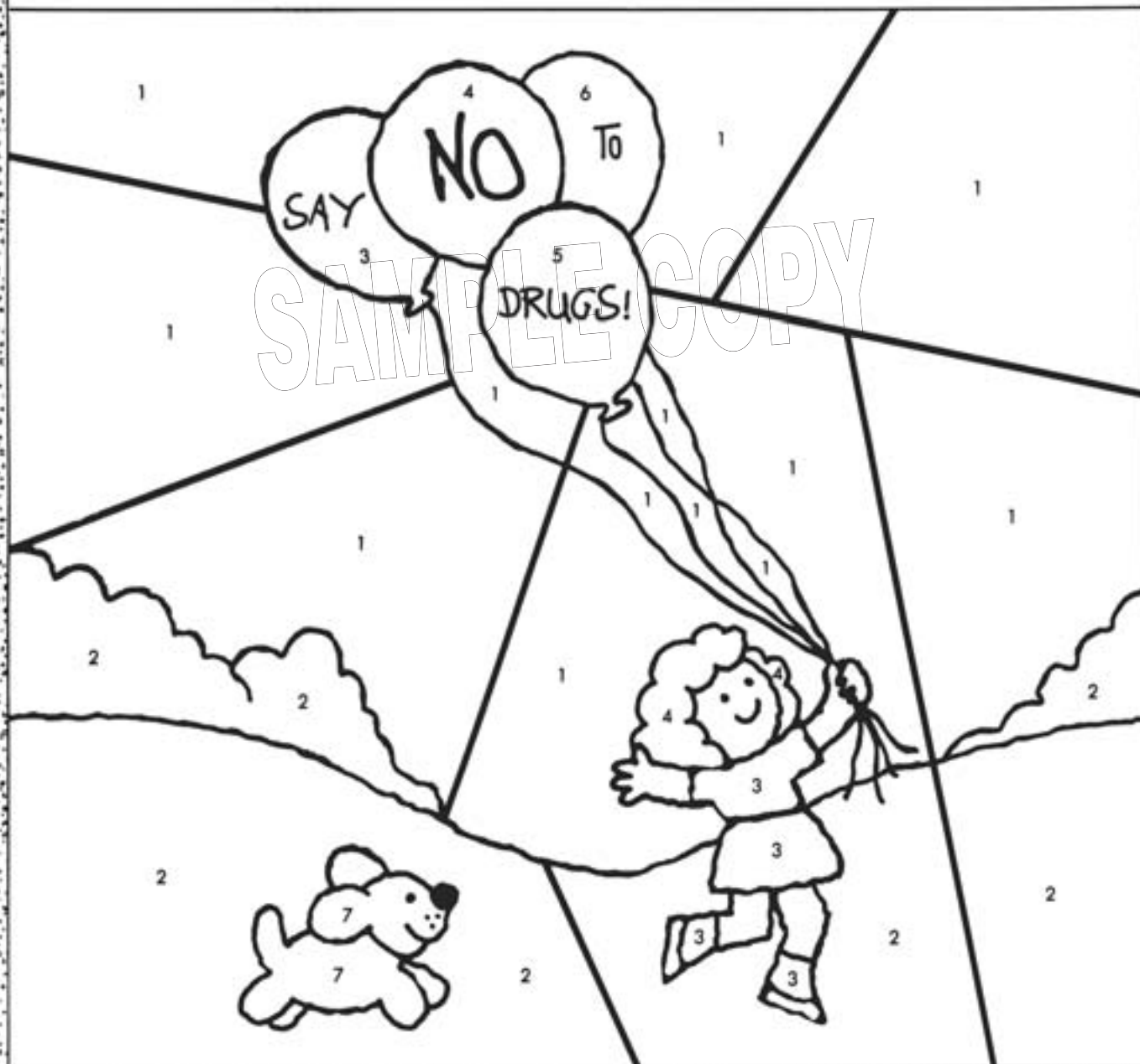


# Activity 6.

Be yourself and feel good about  
**SAYING NO!**

Color the picture.

1-Blue 2-Green 3-Red 4-Yellow 5-Orange 6-Purple 7-Brown







#### VERSE 1

Even though you're feeling low,  
Drugs are not the way to go.  
Say NO to drugs and you will see  
It feels real good to just be me.  
NO drugs, NO alcohol to feel differently.

#### VERSE 2

So be proud to be yourself  
'Cause it's the best that you can be.  
And make the healthy choice today  
To keep your body drug-free.  
NO drugs, NO alcohol to feel differently.

#### VERSE 3

You know when you grow up  
And have kids of your own  
Well, you'd want them to have  
A happy, healthy drug-free home.

#### VERSE 4

So promise to say NO to drugs  
Say it loud and believe it.  
And you can feel good without drugs  
Well hey now, you don't need it!  
NO drugs, NO alcohol to feel differently.

SAMPLE COPY

