



Being Me

AND Alcohol - Free!

LEARNING and ACTIVITY BOOK



Alcohol is a drug.

Alcohol is a drug. It is found in beer, wine, or in liquors such as whiskey, vodka, or gin. Different types of drinks have different amounts of alcohol. But even a little alcohol can be bad for you.

No matter what type, alcohol is not for kids.

Draw an X over each picture.



Beer



Wine



Liquor

Alcohol is a drug.

People who are over 21 years old
are allowed to drink alcohol.



But it is still bad for you in many

ways. Drinking alcohol can make
you think or act differently.

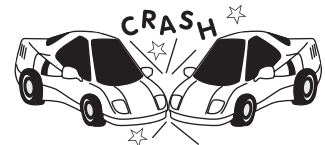


Drinking alcohol can make you sick.



Drinking alcohol causes

people to have accidents

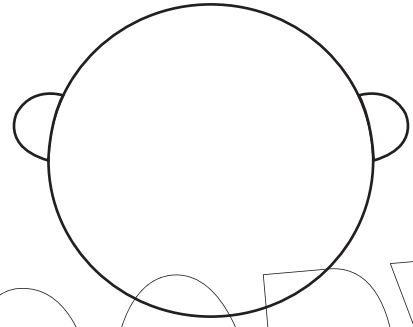


that hurt themselves and others.

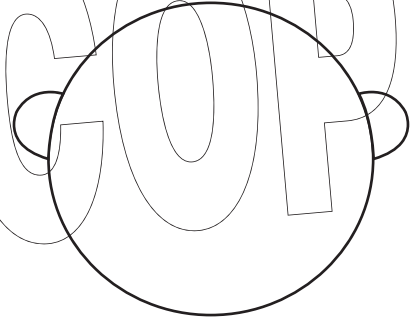
Activity 1.

Drinking alcohol can change the way you feel. Draw in a face that matches each of these sentences.

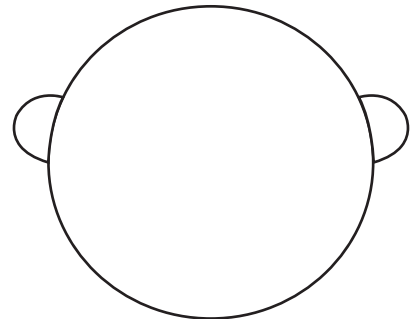
Alcohol can make you sad.



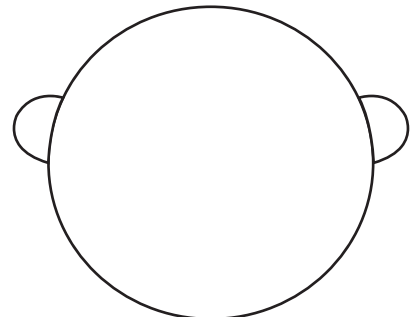
Alcohol can make you sick.



Alcohol can make you angry.



I am happy that I do not drink alcohol!

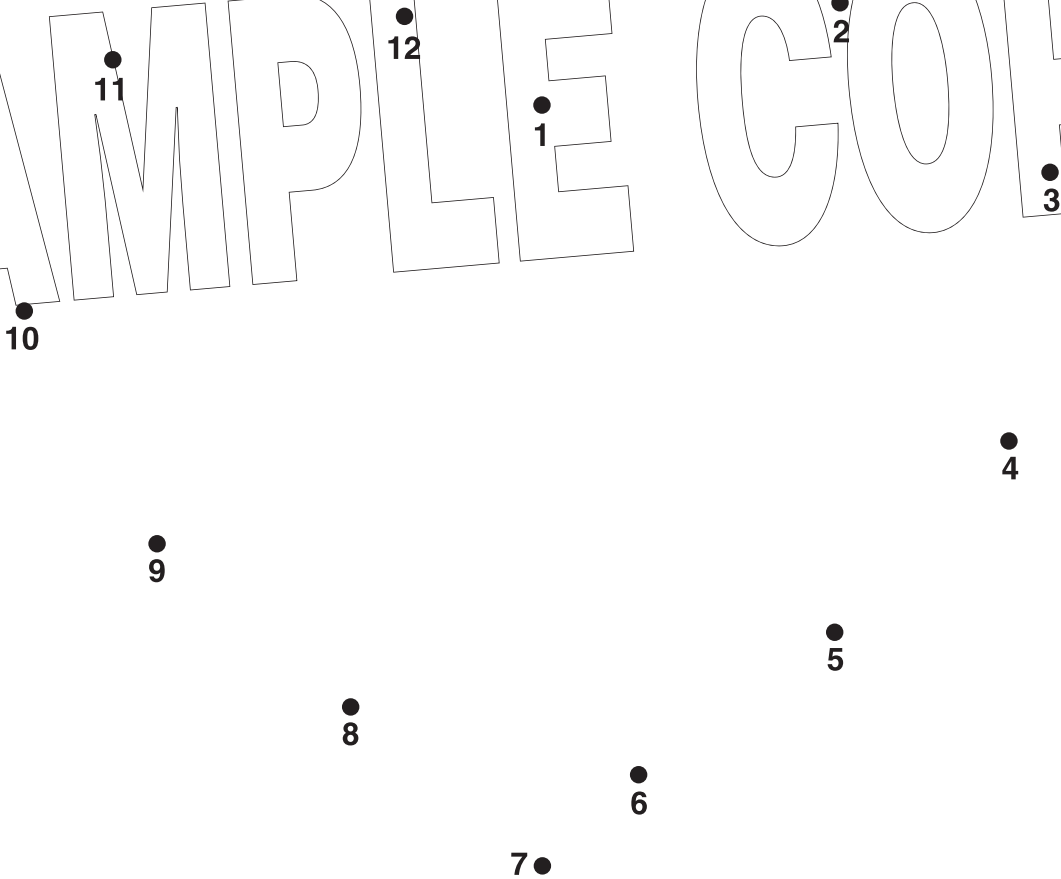


Activity 2.

Using alcohol can make your heart sick. Your heart is important because it makes sure your other body parts get enough blood to move and work and play.

Connect the dots and make a healthy heart.

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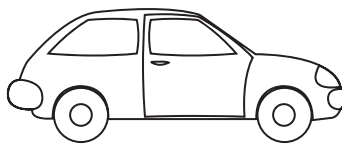
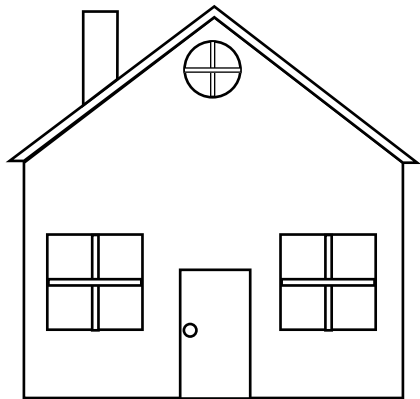


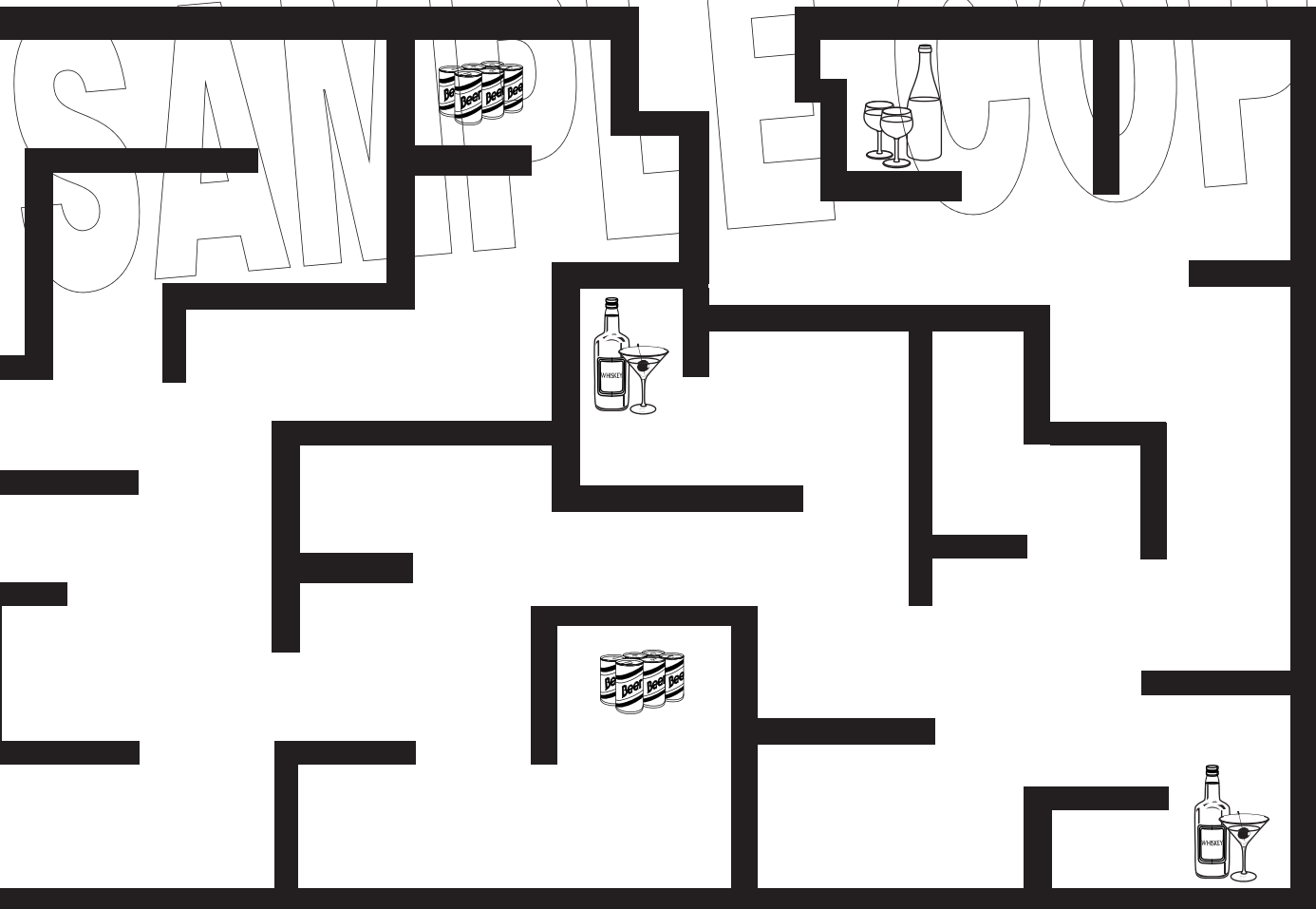
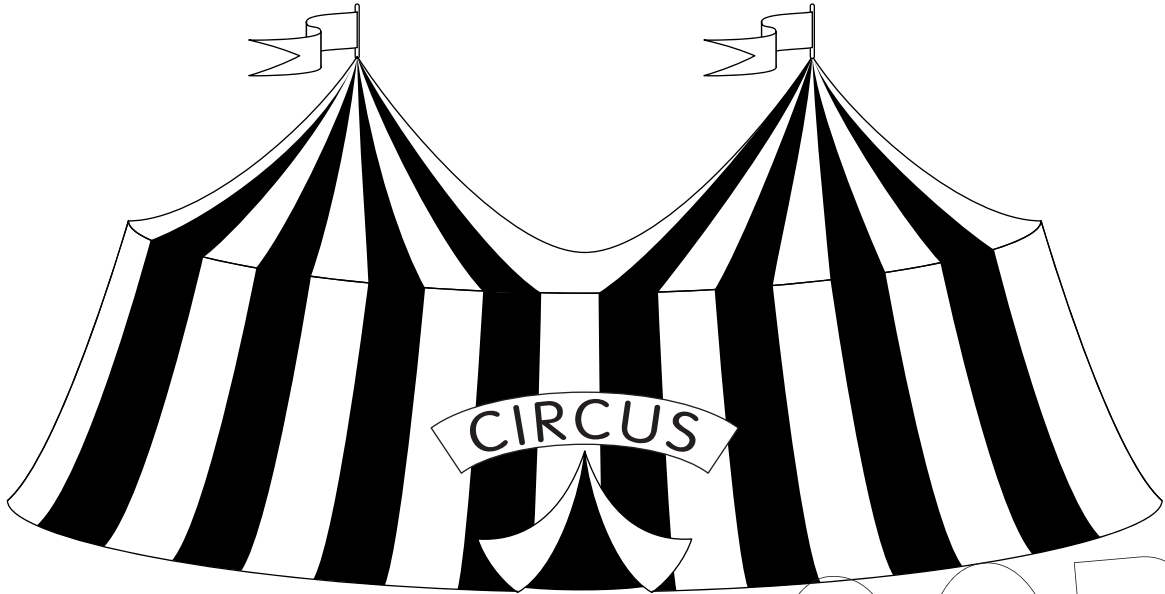
Now color it in!

Activity 3.

Drinking and driving is very dangerous. Alcohol can make things look blurry. People who drink and drive can hurt others as well as themselves! It is against the law to drink alcohol and then drive a car.

Steer the family car through the maze to get safely from the house to the circus!



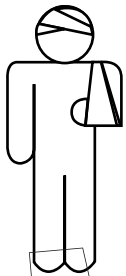


Alcohol



Alcohol causes accidents

because it makes people clumsy.



It even makes it hard to

see straight!



Think of

all the fun things you like doing

that you couldn't do if you were

drinking alcohol.



Activity 4.

Here are some of the fun things you could not do if you drank alcohol.

Draw a line from the sentence to the picture.

- Ride a Bike

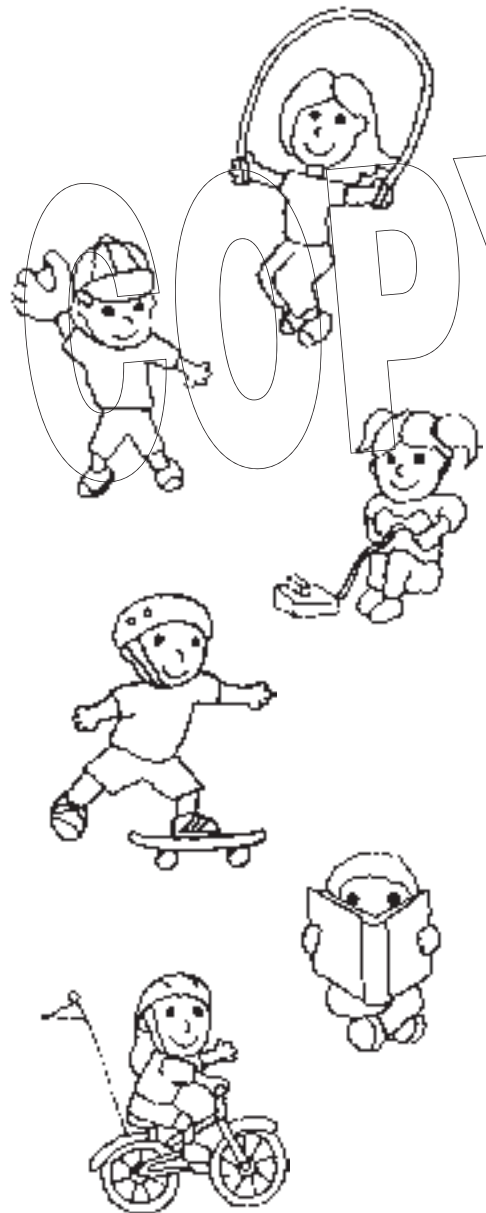
- Play Video Games

- Read a Book

- Play Catch

- Jump Rope

- Skate



Activity 5.

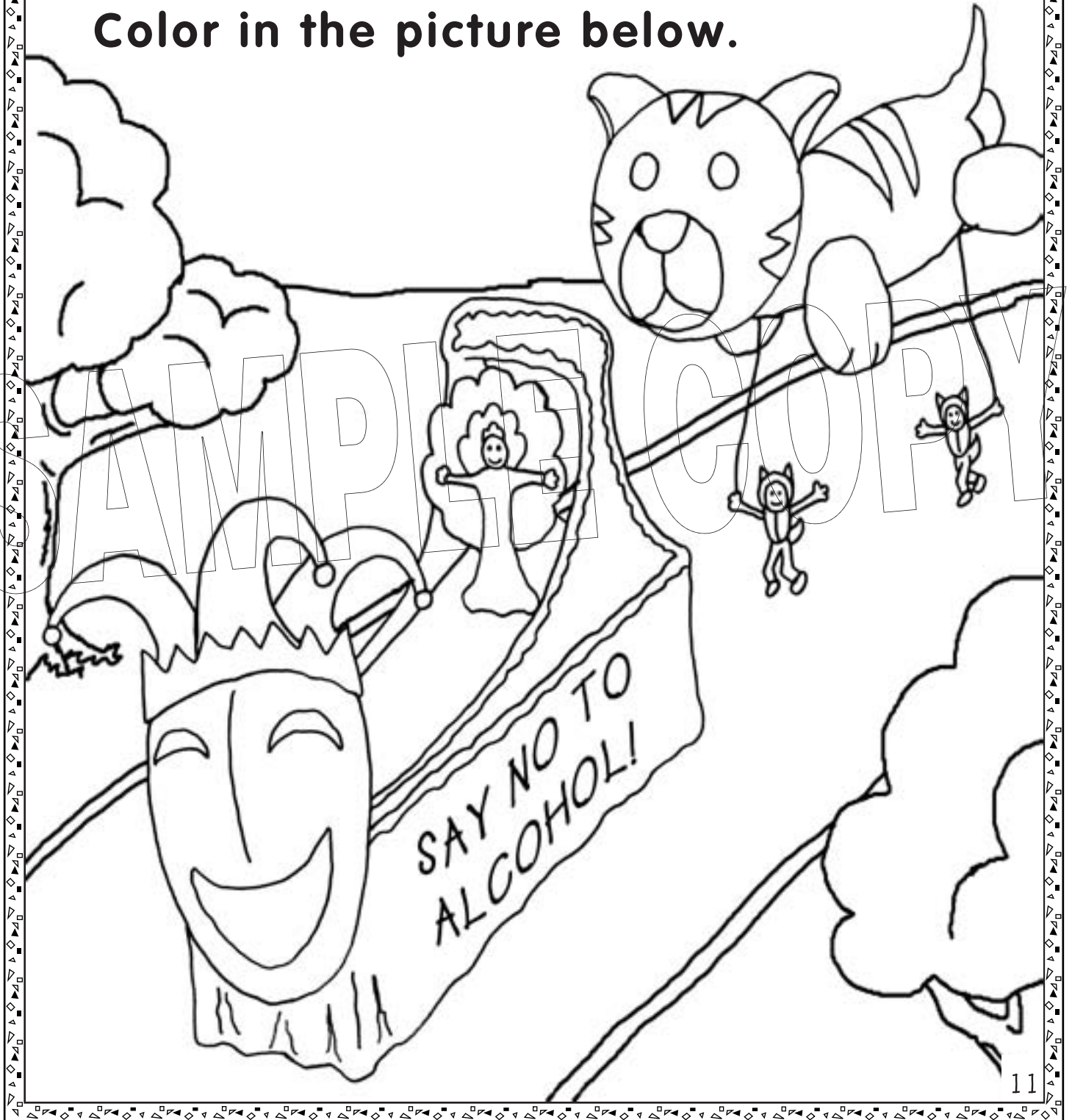
Draw a picture of you and a friend having fun together!


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Activity 6.

Join the "Say No to Alcohol" parade.
Color in the picture below.






Being Me and Alcohol-Free Pledge

I want to grow up healthy and strong. I know that drinking alcohol is bad for my body. I know that alcohol can make me think and act differently. I will never drink alcohol and drive a car. I promise to stay away from alcohol and all drugs that will hurt me.

Your Signature: _____



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