



ALWAYS REMEMBER



1. Drugs change the way your body works.
2. Smoking is dangerous and will hurt your body.
3. Alcohol is a drug.
4. Only take medicine if you are sick and only take it from a Doctor or Mom and Dad.
5. It's important to feel good about yourself.
6. A drug-free life is the best choice.

As a member of the



I pledge to always say **NO** to Drugs and Alcohol, and Tobacco, teach my friends how to say **NO**, and to lead a happy, healthy drug-free life.

Your Name