

HAPPY, HEALTHY Drug Free Me!


Drugs are chemicals that make people think or act differently. They change how the body and brain work.

Alcohol, Tobacco, Marijuana and other drugs can destroy your life and even kill you. You should be prepared to say **NO!** in case someone ever offers you a dangerous drug.




WHAT DO DRUGS DO?

To Your Body:



- RED, PUFFY EYES
- MOODY/CRANKY
- SLOWS YOU DOWN
- WEIGHT LOSS/GAIN



- CONFUSION
- TIREDDNESS
- ALWAYS SICK
- ADDICTION
- ORGAN DAMAGE

To Your Life:



- LOSE FRIENDS
- LOWERED GRADES
- FIGHTS
- DEPRESSION
- KICKED OFF TEAMS
- LOST INTERESTS



- CRIMINAL RECORD
- SCHOOL EXPULSION
- DEATH

SAYING "NO!" IF SOMEONE OFFERS YOU DRUGS YOU CAN SAY:

"I'm out."

Get out of there. Just say you have to go, that this isn't your scene. No chit-chat needed.



"Using drugs makes me sick."
Tell the truth: you care about your body more than you care about fitting in.



"No thanks, I act silly enough already."

Make a joke, but let the other person know you won't back down.



"Want to play outside or watch a movie instead?"

Suggest something else you can do together. If that doesn't work, go by yourself.



REFUSE TO USE! SAY "NO" TO DRUGS!