

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
TIREDNESS
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!