

LOOK AT ME, I'M

DRUG!
FREE!



LEARNING AND ACTIVITY SHEET

Drawing a DRUG-FREE Me!

Staying drug free is one of the best things you can do for your health! In the mirror frame below, draw a picture of yourself and what staying drug free means to you!

- Staying drug free is all about keeping your body healthy.
- Instead of putting bad drugs in your body, choose good things like fruits and veggies!
- Being yourself and drug free means never taking medicine that isn't yours.
- Drugs can make you feel bad so always say no to them.

DRUG-FREE Word Search

Drugs can keep you from doing all the things you love like playing with friends, reading a book, or learning new things. There are lots of other things you can do by staying drug free. Can you find some of those things below?

Z U E A N N K X Z J
D D P L A Y O K F H
Q T C I B I K E R Q
T D A N C E X A U Z
J I J D T R P Z N S
A Z U E I X A S O W
Y F M R W V T I W I
J T P G V J I N N M
P I R Y H E P G W Y
O S K A T E O R Y D

WORD BANK

Play **Bike**
Run **Skate**
Dance **Jump**
Swim **Sing**

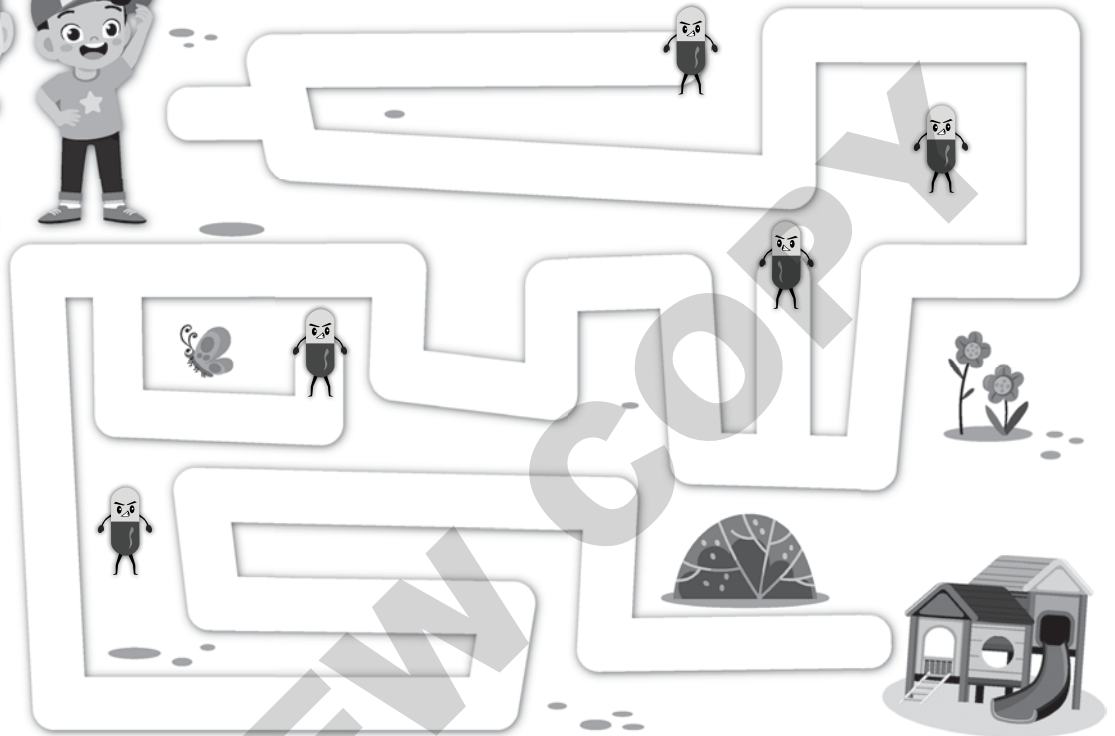
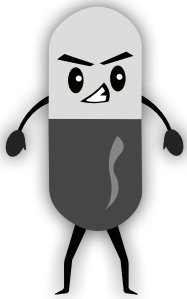
Being **DRUG-FREE** is a-MAZE-ing!

You're learning about all the ways staying drug free can be great and getting to play outside is one of those.

Can you help the group of friends get to the park below?



Be careful and watch out for those nasty drugs on the way!



My Reasons to be **DRUG-FREE**

Drugs can keep you from doing all the things you love like playing with friends, reading a book, or learning new things. There are lots of other things you can do by staying drug free. Can you find some of those things below?

1. Part of being _____ means staying drug free!
2. I don't need drugs to have _____!
3. Spending time with _____ is better when we are all drug free!
4. Making good grades and doing well in _____ is a great reason to stay drug free!
6. Doing drugs means less time to _____ with family and friends!



WORD BANK

SCHOOL PLAY FRIENDS FUN HEALTHY

TAKE THE DRUG-FREE PLEDGE!

LOOK AT ME, I'M
**DRUG!
FREE!**

Being myself means keeping far away from drugs. I want to be healthy and active, and I know that drugs will never help me stay that way. Being myself means keeping my promises, so I'm taking the drug-free pledge!

- I promise my family, friends, and teachers that I will always be the best version of myself by staying drug free.
- I promise to help those around me be themselves by encouraging everyone to be like me—drug free!
- If anyone wants to know what being drug free is like, they can look at me!"



PREVIEW