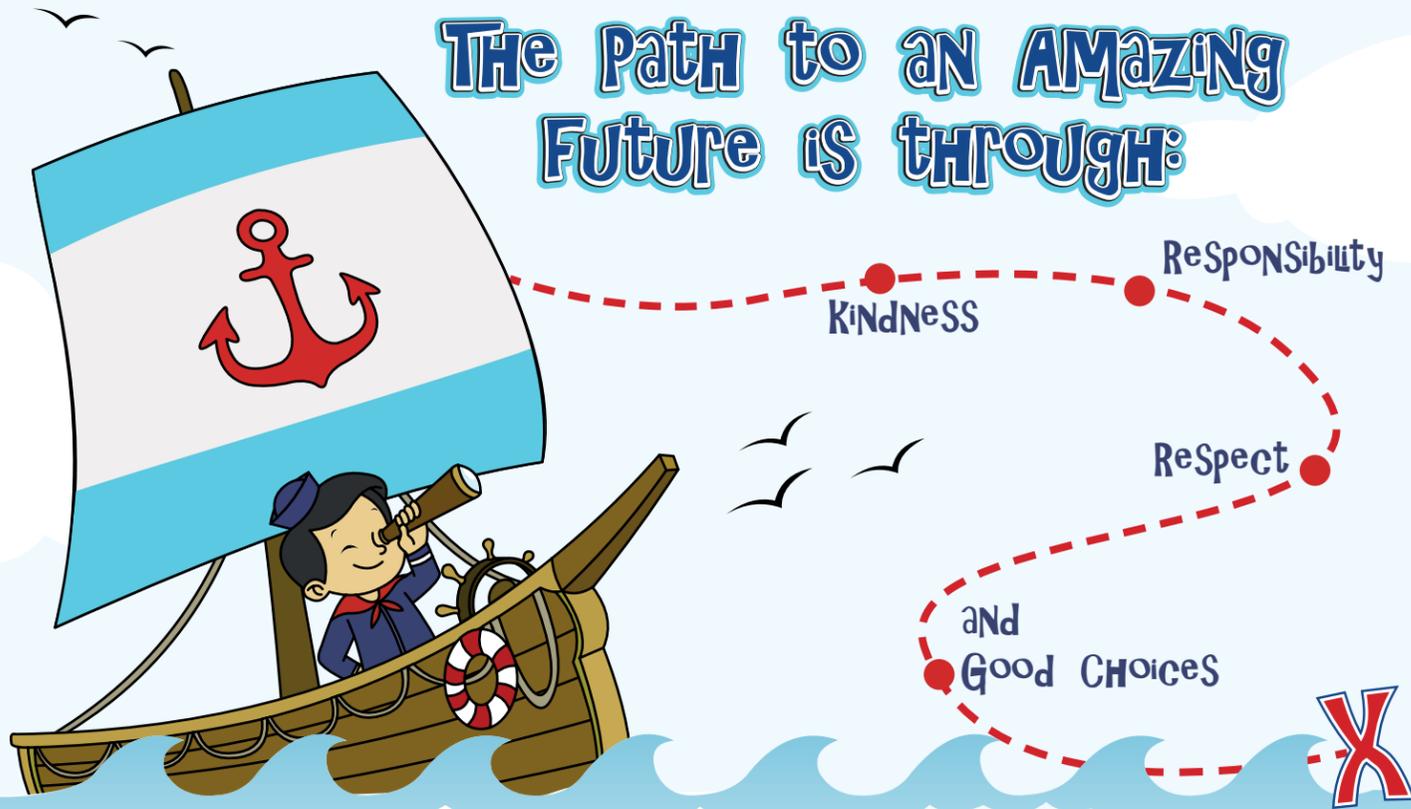


The Path to an AMAZING Future is THROUGH:



Kindness

Responsibility

Respect

and Good Choices

X

Seals your Future

DON'T DO DRUGS!

# What is A Drug?

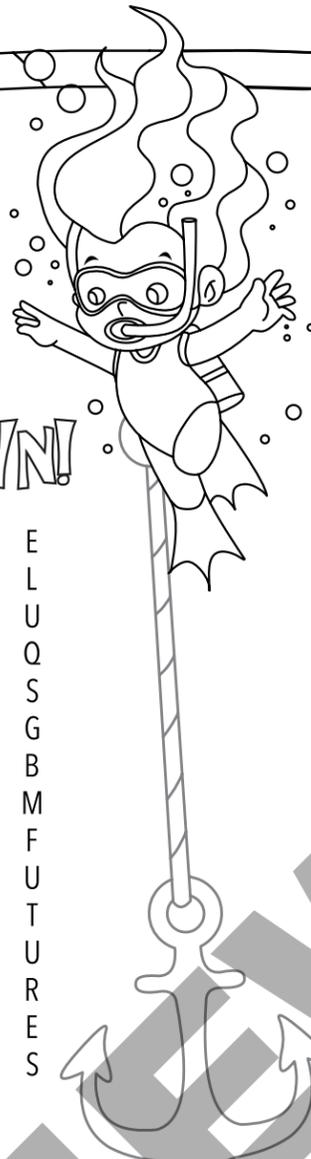
There is a big difference between medicines and drugs. Medicines can be helpful and make you feel better. Drugs change the way you think and harm your body. They cause people to make bad choices or do dangerous things that can damage their future. Strong bodies need to stay healthy to grow. Respect your body by eating healthy, exercising and staying away from drugs, alcohol and smoking.

## DON'T Let DRUGS Weigh you DOWN!

Use the word list below to find the healthy words that will help you keep your future afloat.

- |             |              |
|-------------|--------------|
| Respect     | Healthy      |
| Dreams      | Good Choices |
| Future      | Exercise     |
| Drug Free   | Happy        |
| Proud       | Smart        |
| Responsible | Strong       |

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

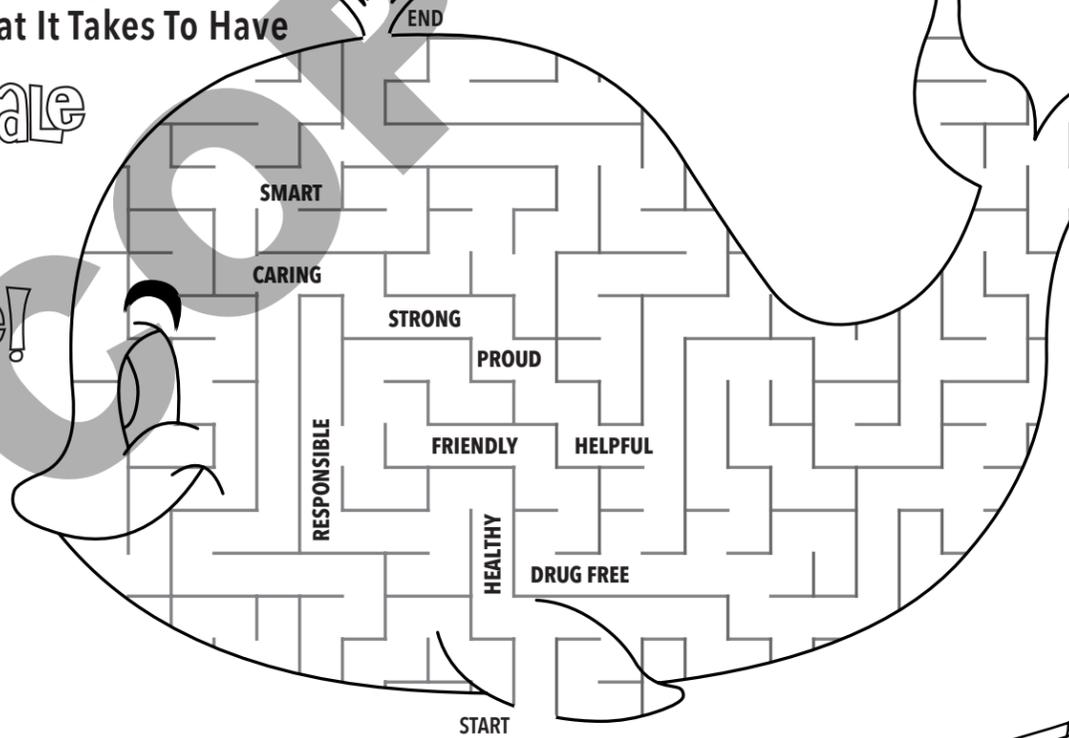


# Your Future IS AMazing!

Being Strong, Happy and Healthy Is What It Takes To Have

## A WHale OF A Future!

Follow the words through the maze that will help lead you to an amazing future.



# What Does It Say?

You found a message in a bottle!

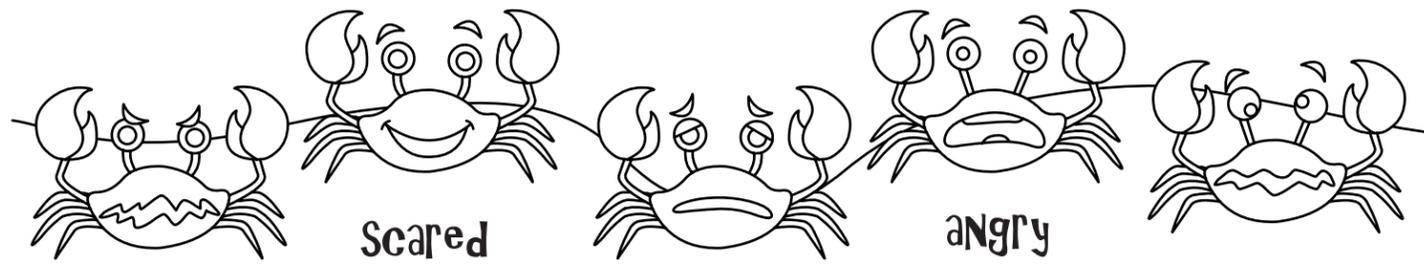
Use the numbers below to decode the message and find out what it says.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	9	15	2	5	1	24	16	7	10	8	3	25	11	17	20	12	21	18	13	6	22	26	19	23	14

13 16 5 9 5 18 13  
 1 6 13 6 21 5 1 17 21 25 5  
 7 18 2 21 6 24  
 1 21 5 5 !

# Waves of Feelings

Everyone has feelings. Feelings go up and down just like waves in the ocean. When you understand your feelings, and how they affect you and others around you, you will be in control.



CONFUSED

Scared

Happy

angry

Sad

Can you tell what the crab is feeling? Use the word list to match the crab that shows the same feeling.