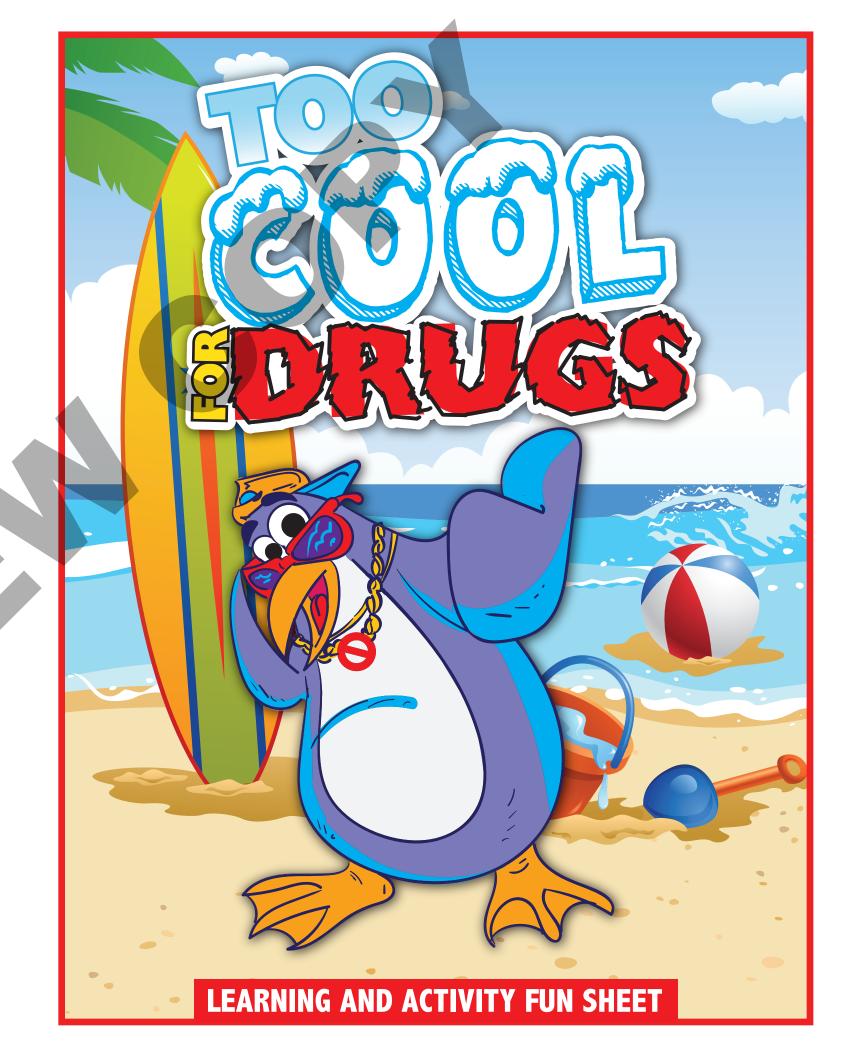


I can make a difference in the world by always trying to be the best that I can be and by staying drug free. I promise to say "Yes" to a healthy body and say "No" to alcohol, tobacco, and other drugs. I will work hard to teach others to keep their minds and bodies strong. I am making a decision to take a stand for a drug-free land.

Name



What is a drug?

A DRUG IS...any substance that when put into your body changes the

way that your mind and body work.

Stay Safe - Secret Message

Learn how to stay healthy and feel good. Use the secret code below to fill in each blank with the missing letter of the alphabet. The first one is done for you.

<u>B</u>																	
2	4	20	17	7	7	3	20	4	17	22	21	20	3	1	7	25	1

11 21 23 10 25 6 2 3 11 17 3 9 25 6

<u>25 10 21 10 1 23 12 6 11 </u>

SECRET CODE

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

Healthy Word Find

Strong bodies need healthy foods and plenty of exercise. Listed are some of the things you can do and eat to make your body and mind feel good. Look for them up, down, across and backwards in the puzzle and draw a circle around each word you find.

Healthy Activities

Run Jump Skate Sing Dance Read Healthy Foods
Cheese Vegetables

Cheese Vegeta Fish Eggs Meat Fruit SELBATEGEV

FCMEATGALO

RNQBNDGNIS

UAJUMPSHRK

IDICHEESEA

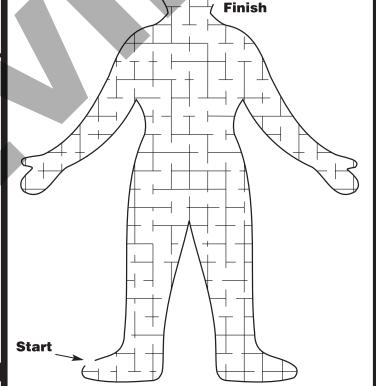
TRUNOKZIAT

TVKSILMFDE

Trail-Blazing Body Maze

Take a stand and Say
No if anyone offers
you drugs, then go
tell an adult that
you trust, like a

parent, teacher, or
police officer.
Starting at the
arrow, find your
way to a safe place.



Connect the dots to complete the picture, and then color it brightly. Keep on shining!

Dot-to-Dot

•10 11 • 1 • 3

9 • 5

• 7

Start Here

Feeling good about yourself means treating your body with respect. Start at the arrow and circle every other letter. Then, write the letters you have circled in the spaces below. The first one is done for you.

<u>B</u> _____,

