

SAY NO TO ALCOHOL



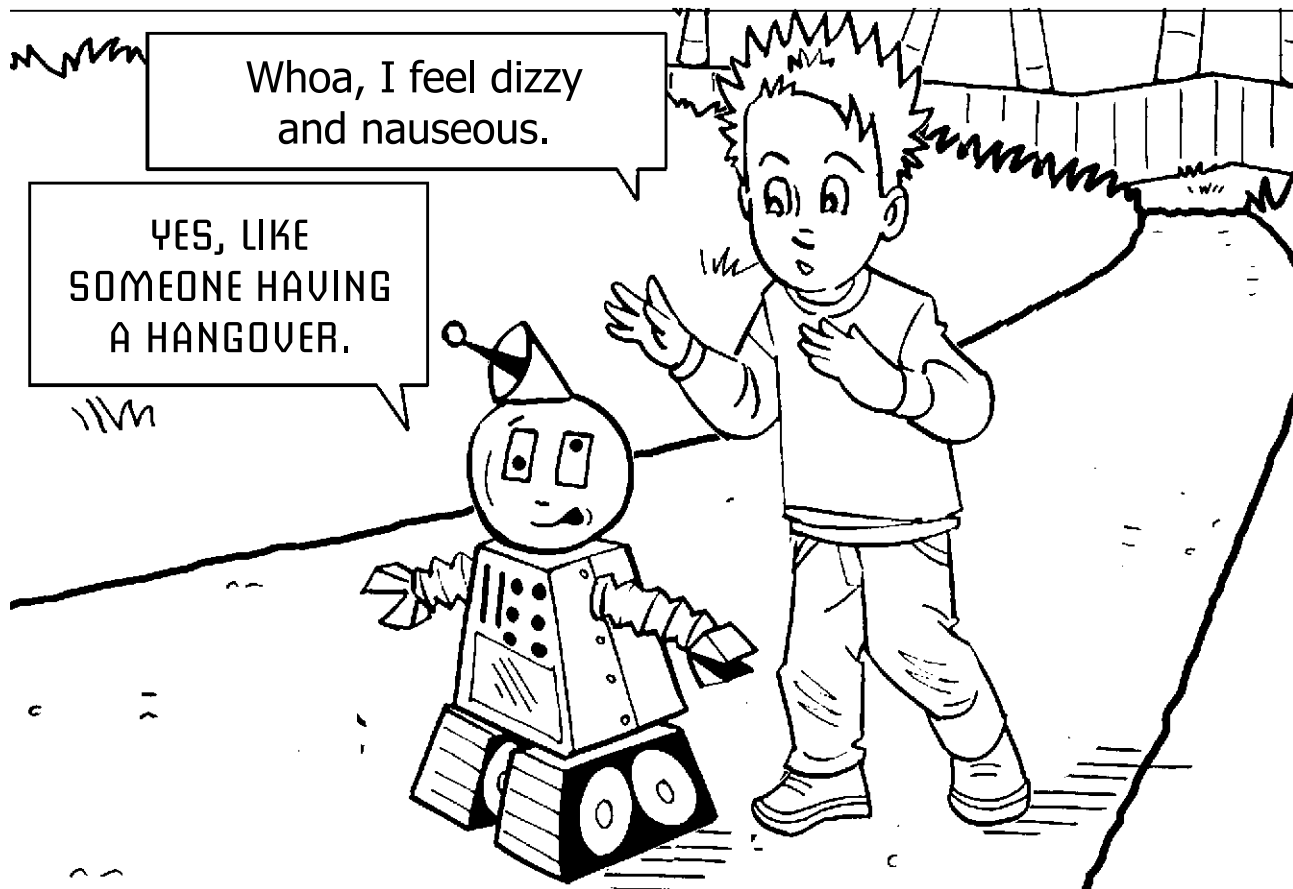
This book belongs to

Hold on, Ollie. We're going down!!
Awwwesomme!



Whoa, I feel dizzy
and nauseous.

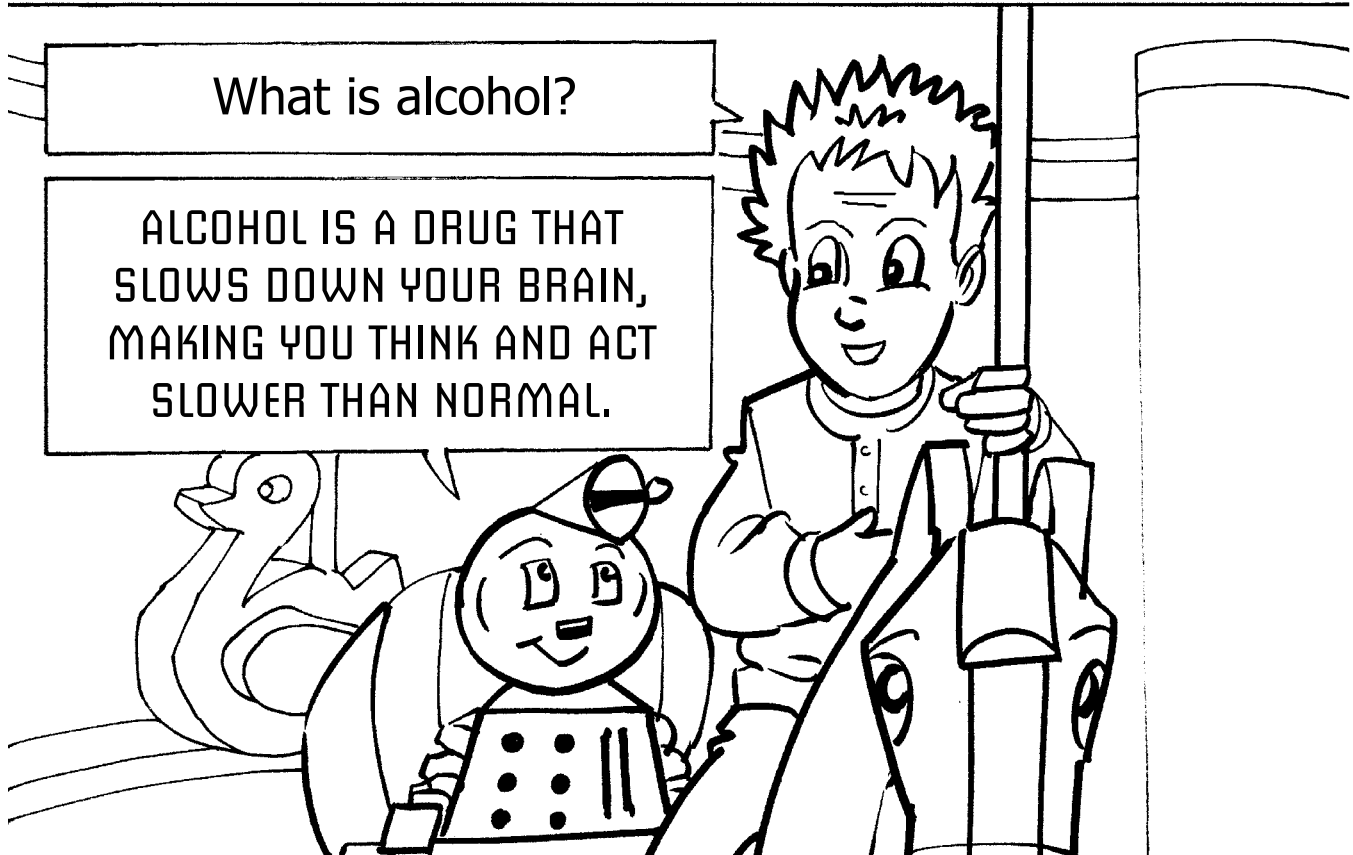
YES, LIKE
SOMEONE HAVING
A HANGOVER.





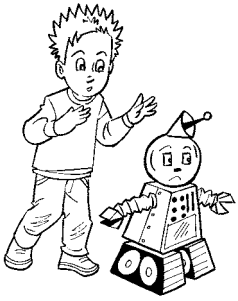
A hangover!?!

IT'S WHAT YOU GET WHEN YOU DRINK ALCOHOL.



What is alcohol?

ALCOHOL IS A DRUG THAT SLOWS DOWN YOUR BRAIN, MAKING YOU THINK AND ACT SLOWER THAN NORMAL.



A-MAZING

Alcohol has many names.
Find your way through the maze and
learn different names for alcohol.

A large rectangular maze with various paths and dead ends. The maze is divided into several sections by thick black lines. The names of different alcohols are placed within these sections. An arrow at the top left points downwards into the maze, and an arrow at the bottom right points downwards away from the maze.

BEER

WINE

RUM

GIN

VODKA

CHAMPAGNE

WHISKEY

Drinking **alcohol** gives you more than just a **headache**.

It also makes you:

Go to sleep

Act clumsy

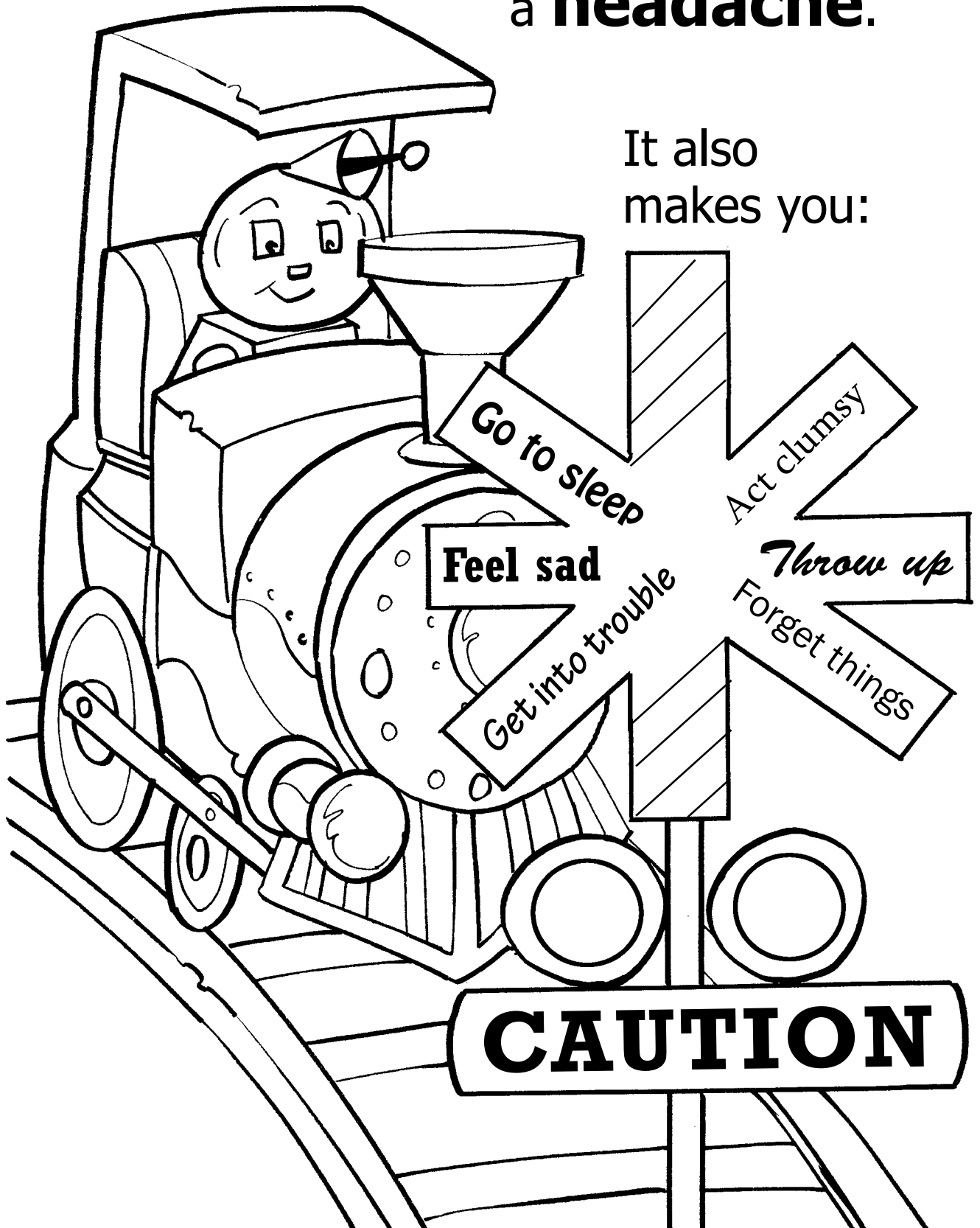
Feel sad

Throw up

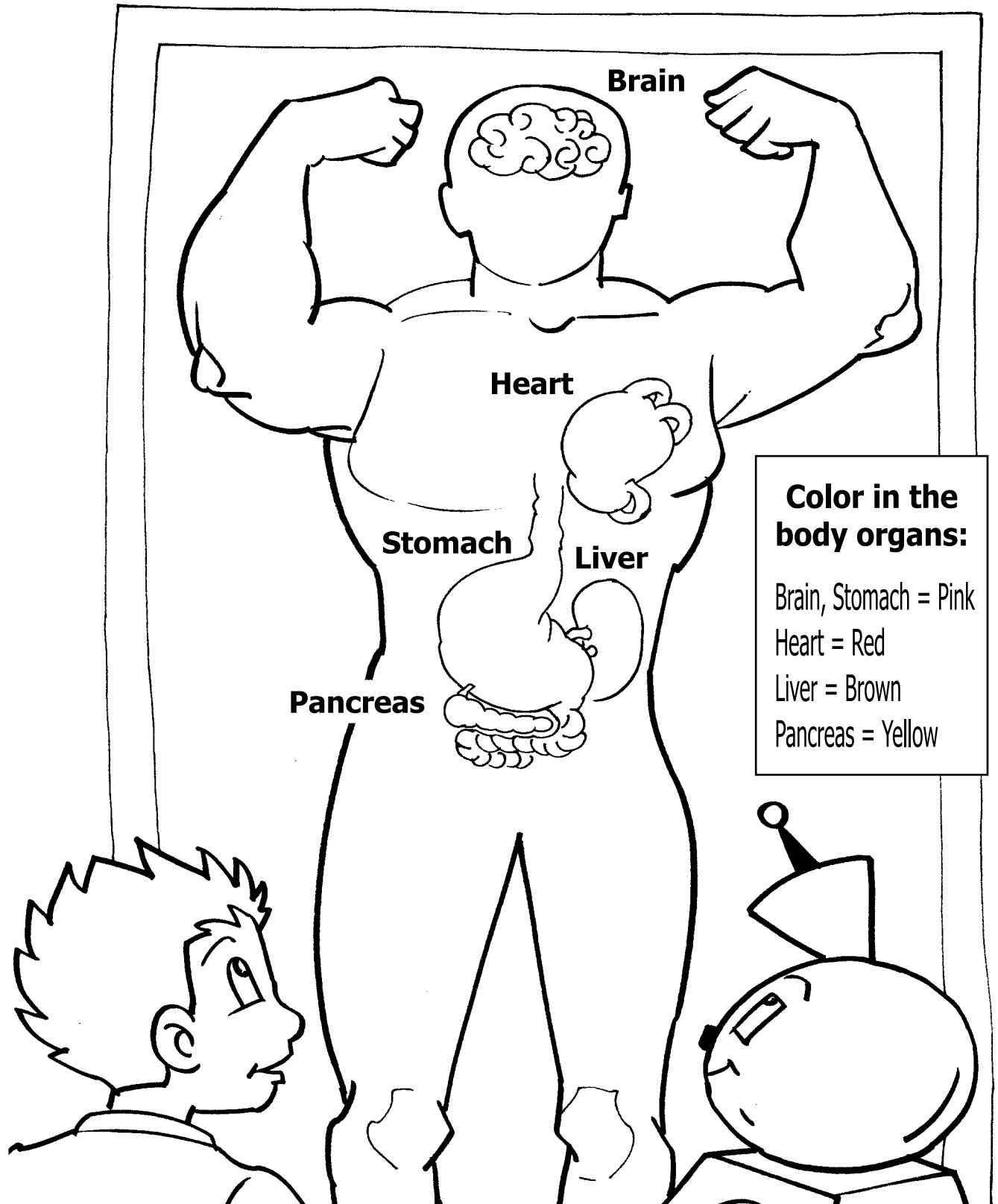
Get into trouble

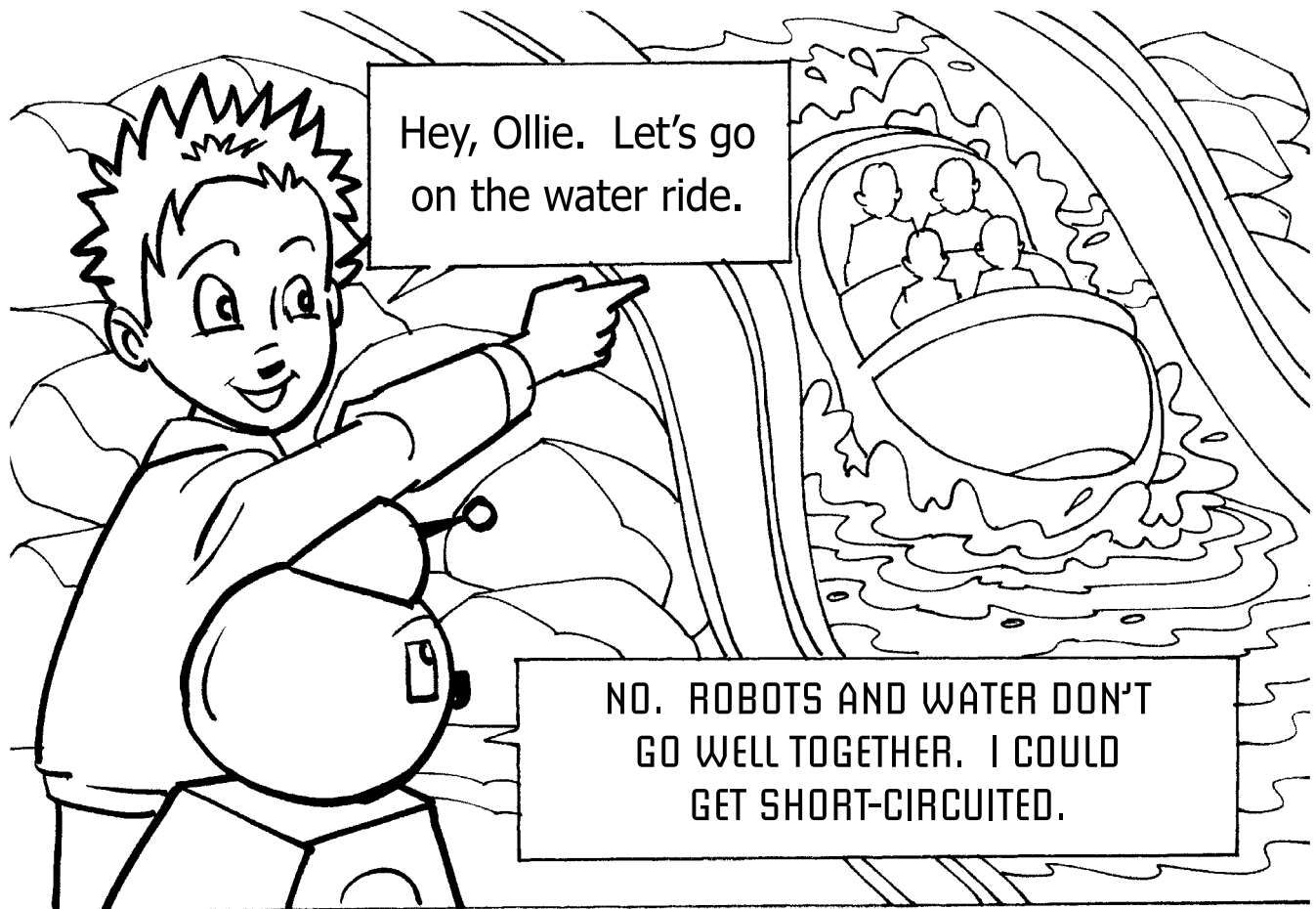
Forget things

CAUTION



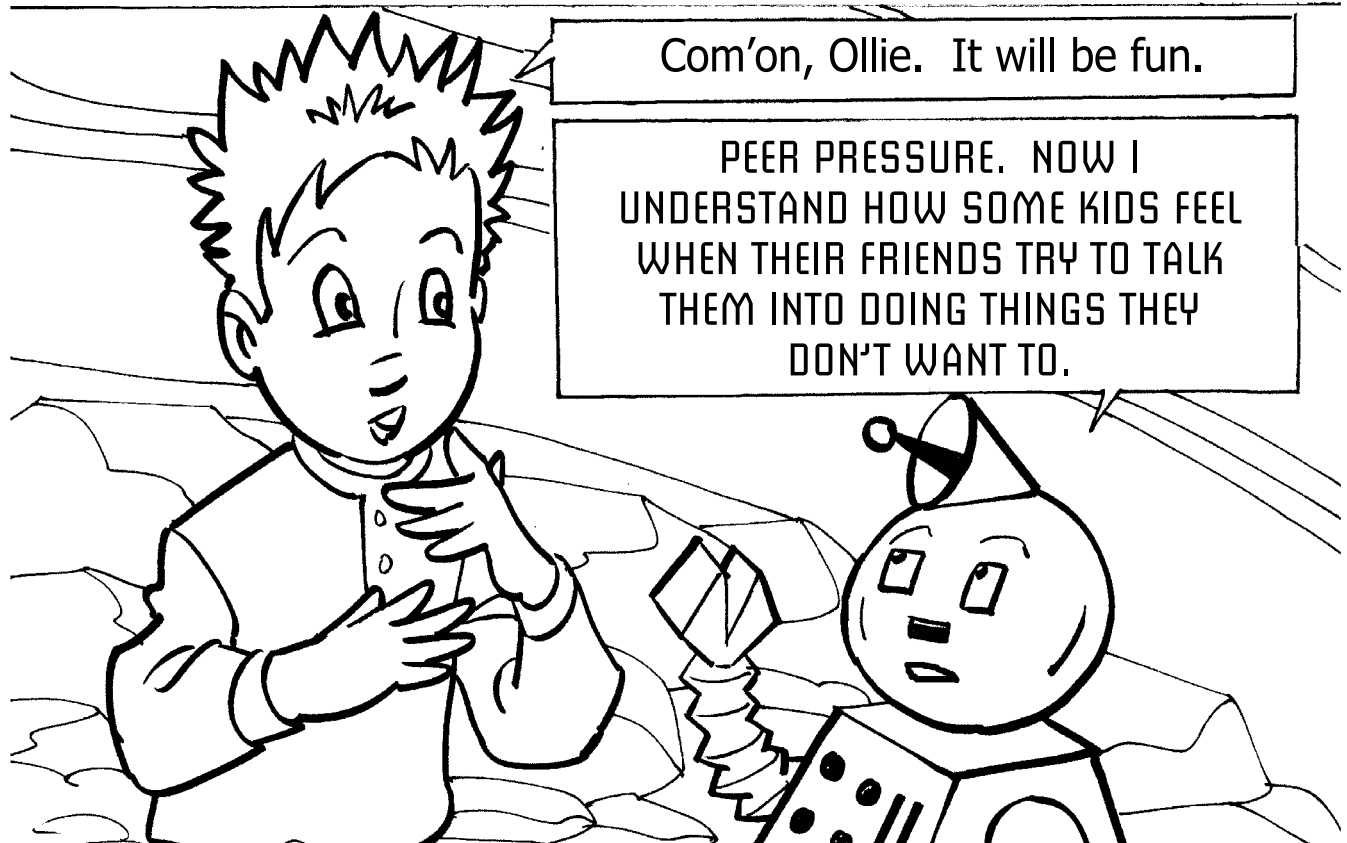
Drinking alcohol will **hurt important body organs** like the brain, heart, liver, pancreas, and stomach.





Hey, Ollie. Let's go on the water ride.

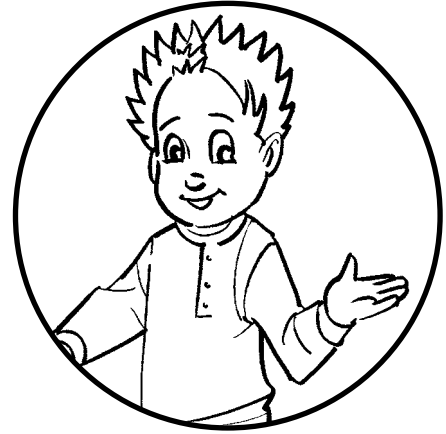
NO. ROBOTS AND WATER DON'T GO WELL TOGETHER. I COULD GET SHORT-CIRCUITED.



Com'on, Ollie. It will be fun.

PEER PRESSURE. NOW I UNDERSTAND HOW SOME KIDS FEEL WHEN THEIR FRIENDS TRY TO TALK THEM INTO DOING THINGS THEY DON'T WANT TO.

FILL-IN FUN

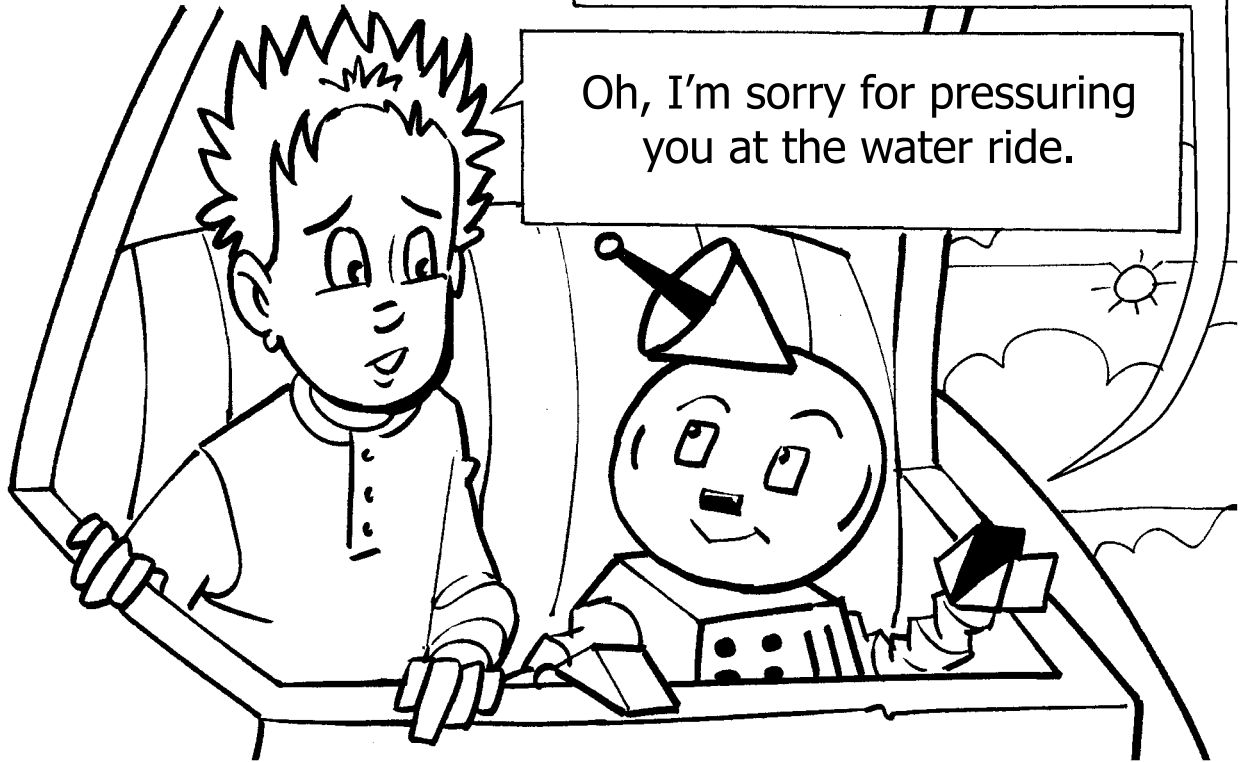


Some kids got the wrong messages from ads and people who drink alcohol. Fill in the blanks with the correct vowels (a, e, i, o, and u) to find out why some kids drink:

- 1. They want to look c _ _ l.**
- 2. They want to act gr _ wn- _ p.**
- 3. They want to be p _ p _ l _ r.**
- 4. They think _ v _ r y _ n _ drinks.**
- 5. They are c _ r _ _ _ s.**

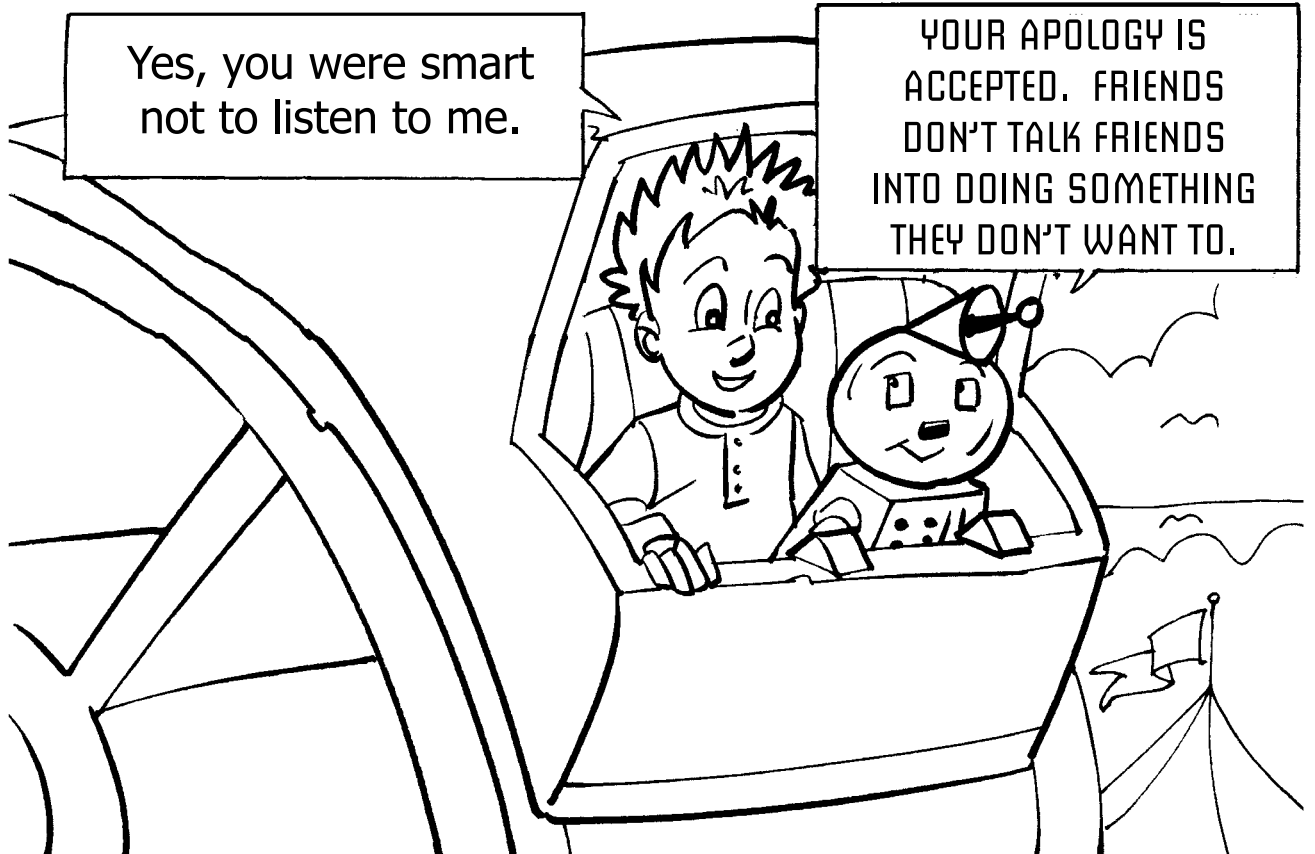
ROBOTS LIKE RIDES LIKE THIS.

Oh, I'm sorry for pressuring you at the water ride.



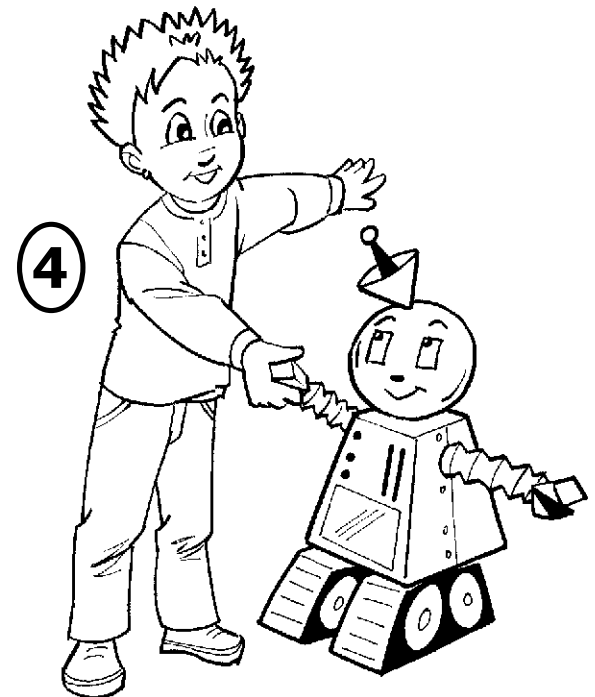
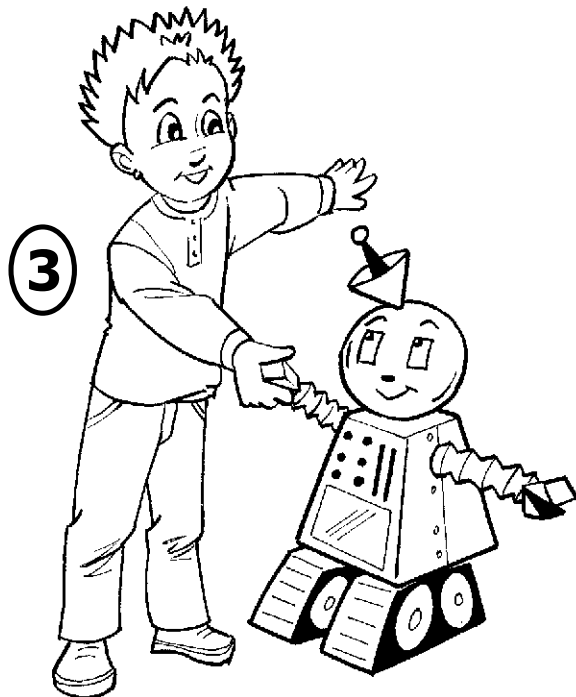
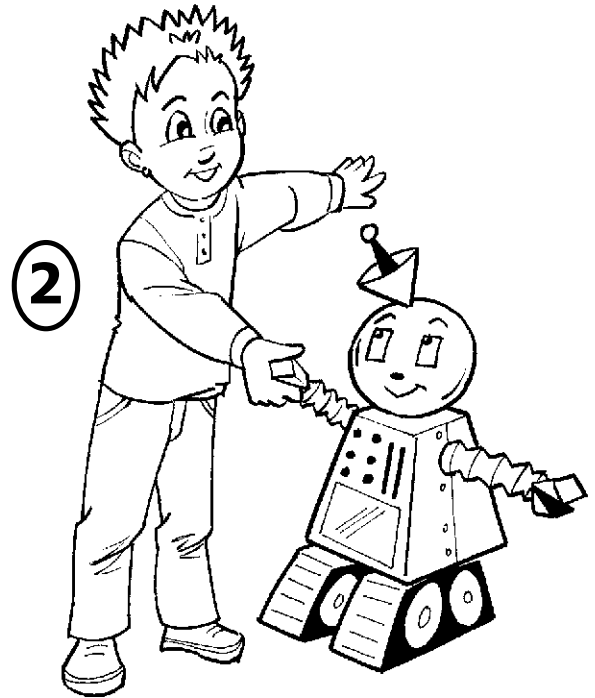
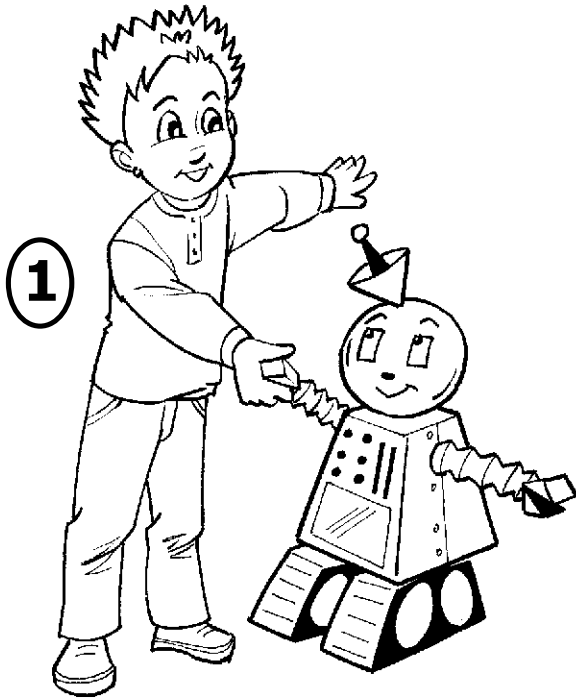
Yes, you were smart not to listen to me.

YOUR APOLOGY IS ACCEPTED. FRIENDS DON'T TALK FRIENDS INTO DOING SOMETHING THEY DON'T WANT TO.



WHICH TWO ARE THE SAME?

Ollie and Jake are good friends. They help each other stay safe. Which two pictures are exactly alike?



Alcohol is nothing but trouble. Here's why:

A lcohol hurts you and the people you love.

L ife with alcohol is bad news.

C oping with problems can be difficult.

O verdrinking makes it hard to quit.

H aving a hangover is not fun.

O veruse of alcohol makes you sick.

L earning new things is not easy.



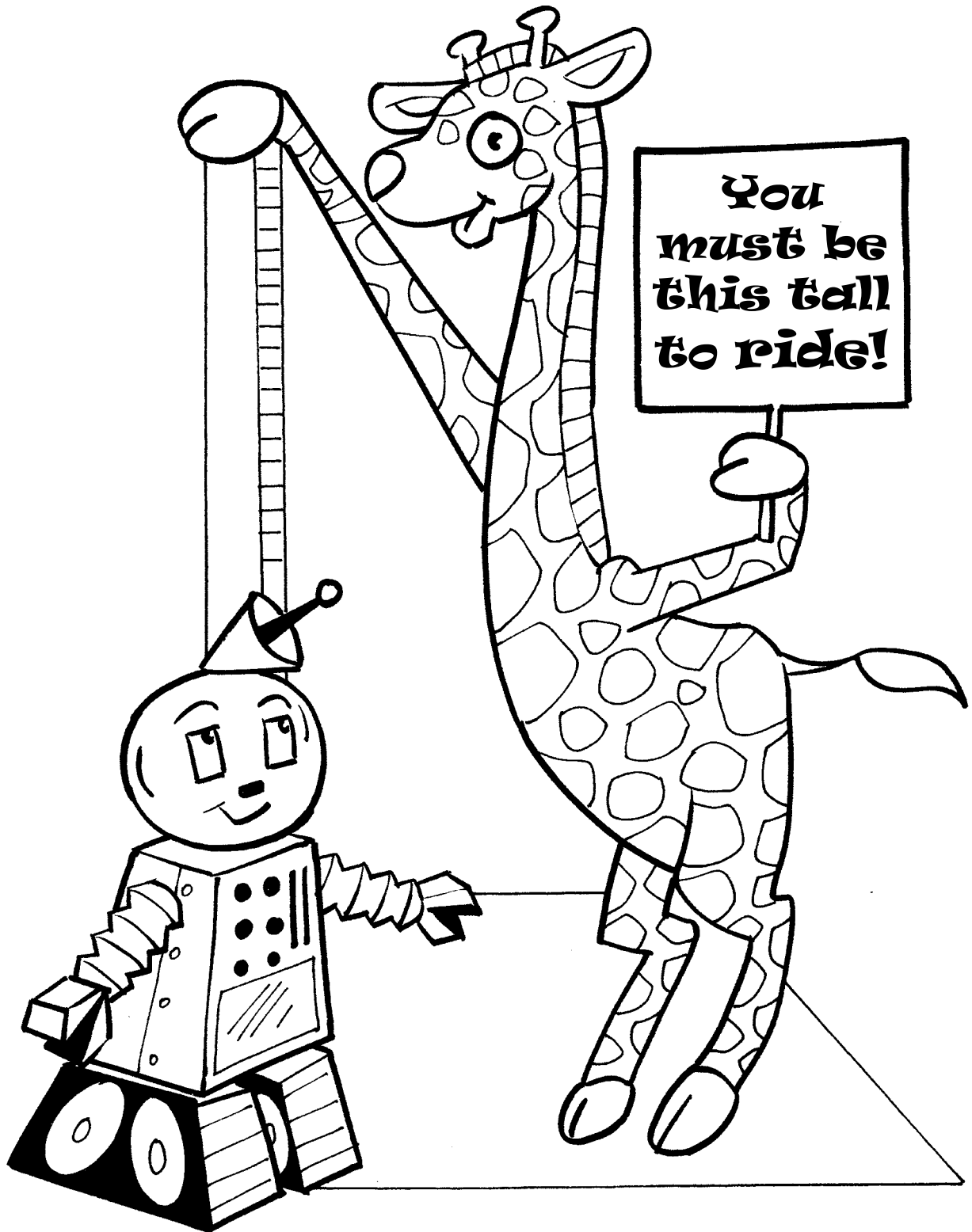
WORD SEARCH

There are better things to do than drinking alcohol.
Find the words on the list to get some ideas:

- Soccer
 - Skate
 - Swim
 - Read
 - Baseball
 - Bike
 - Music
 - Dance
 - Draw
 - Craft
-

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

Your body needs food and exercise to grow.



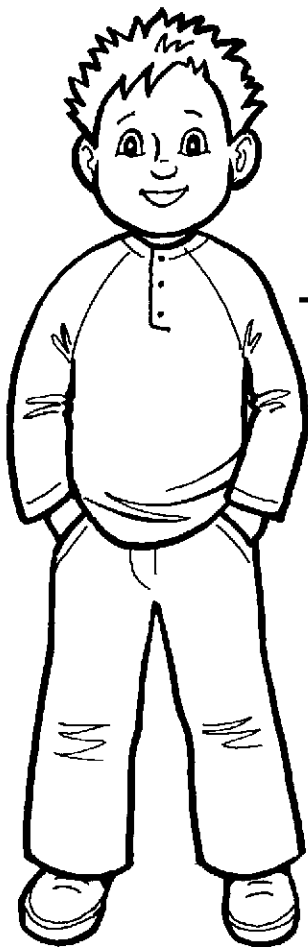
Drinking alcohol can stop your body from growing. This means that you may not be as tall or as smart as you could be.

Secret Code

If you think a family member or friend is drinking alcohol, here are some things you can do to help:

- Show them that you love them, and you don't want them to get sick
- Tell them the facts
- Talk to a trusted adult about how you feel

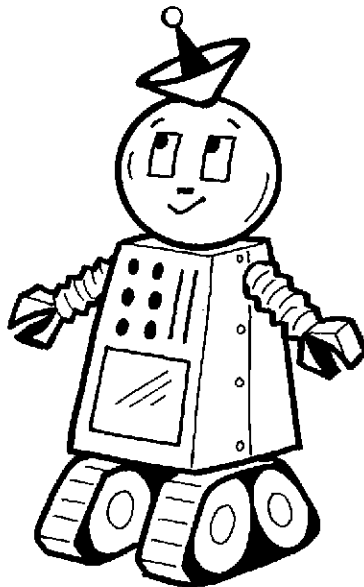
Match the numbers to the correct letters and write letters on the blanks. This will spell out an important message to your loved one:



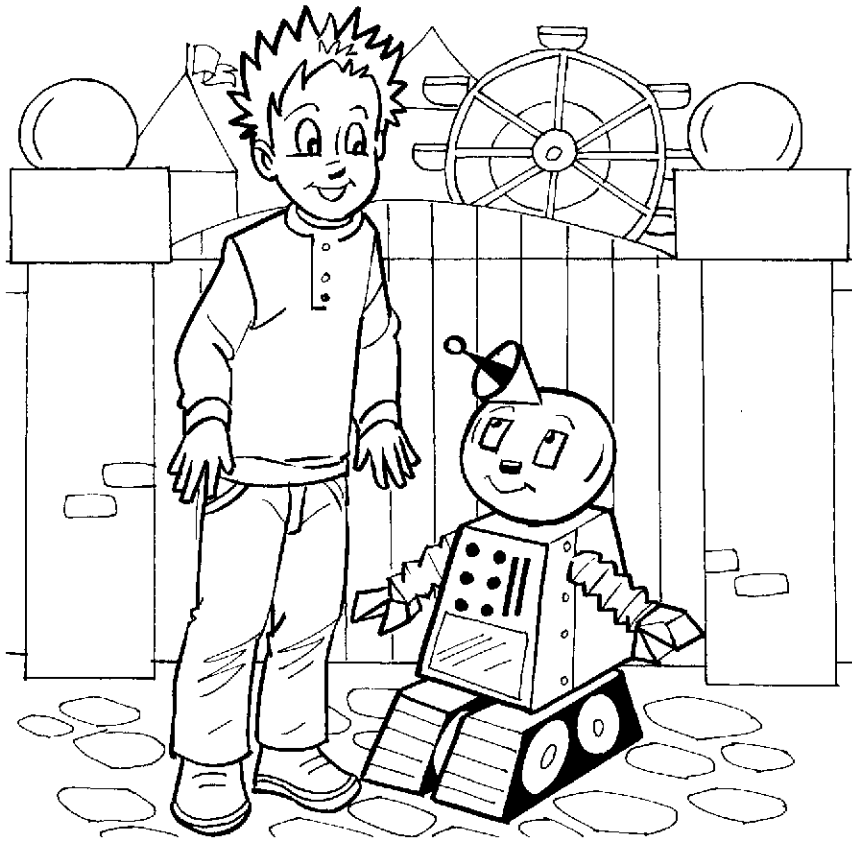
20 8 5 18 5 9 19

8 5 12 16

1 22 1 9 12 1 2 12 5 !



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

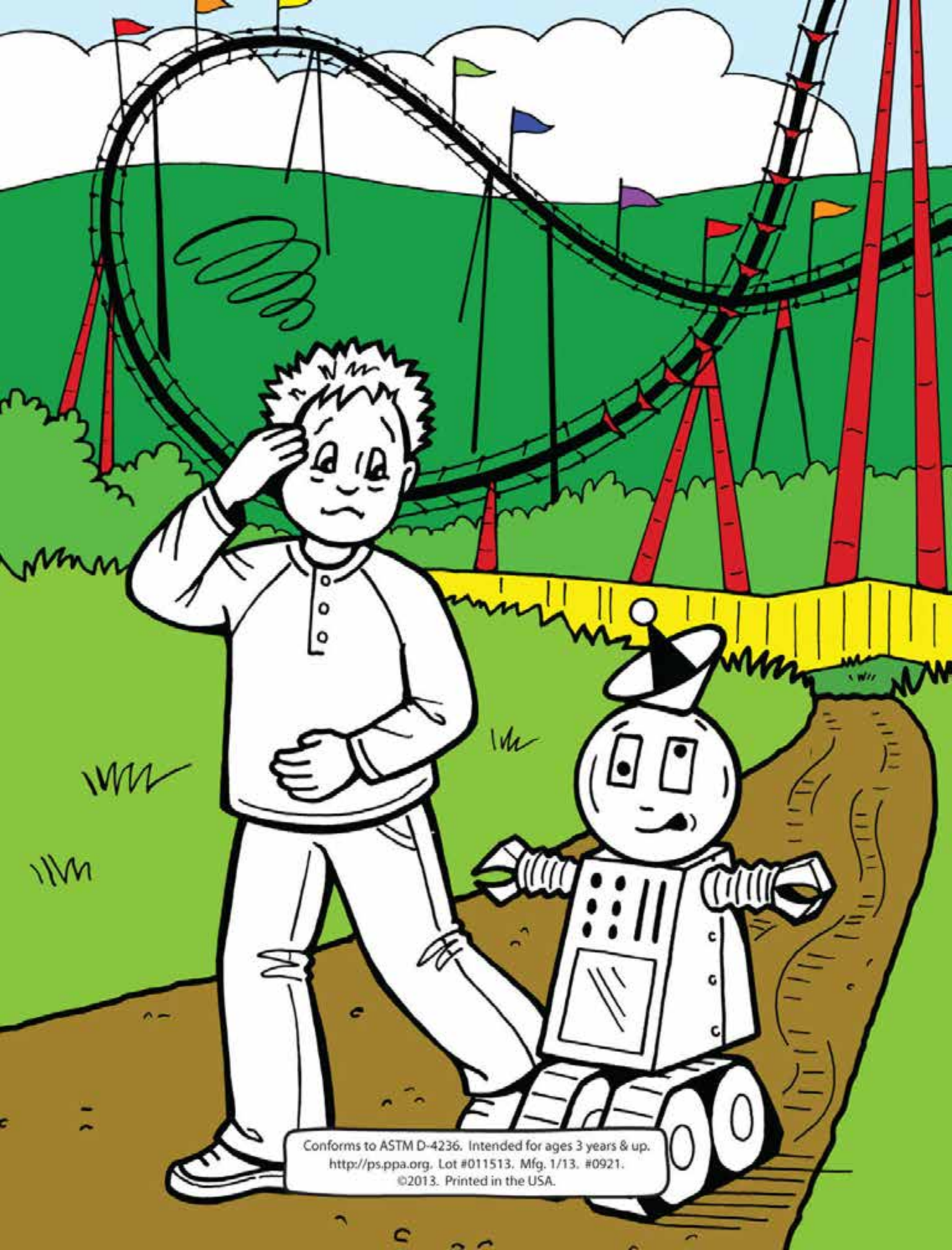


Alcohol Free Pledge

In order to lead a healthy, drug-free life, I pledge to:

- Eat good food, sleep well, and get a lot of exercise.*
- Stay away from anything that could hurt myself and my growing body.*
- Show my friends that living healthy and drug-free is more fun.*
- Set a good example to all the kids like me.*

Sign your name here



Conforms to ASTM D-4236. Intended for ages 3 years & up.
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