


Believe, Achieve and Succeed Drug Free

Believe- In Yourself

Achieve- Your Dreams

Set Goals and Succeed



There is someone special that you need to take good care of.
Can you guess who it is?

It's You

Do you know why you are special? Because no one else in
the world is exactly like you.

Believe in Yourself

Each of us has dreams for the future. What do you think you might want to be when you grow up?


Astronaut Doctor Scientist
 Athlete Firefighter Singer
 Chef Pilot Teacher
 Computer expert Police officer Writer

Reach for the Stars

Make healthy choices so you can do your best to make your dreams come true.

1. Get enough sleep
2. Eat healthy
3. Relax
4. Stay Active- (exercise)

Achieve Your Dreams




There is something else very important you must do to help you achieve your dreams.

You must

STAY DRUG FREE

Achieve Your Dreams



If you want to achieve your dreams, you don't want to hurt yourself. Harmful drugs are bad for your body and mind.

There are three ways drugs can change you. Drugs change how you **THINK, FEEL, and ACT.**

Drugs Can Change You in Bad Ways


Tobacco has a bad drug in it called **NICOTINE**.

Smoking stinks and makes you cough. Sometimes cigarettes cause burns and fires.

Smoking hurts your health in many ways. These are body parts that smoking can harm:

___ Bones ___ Brain ___ Eyes
___ Hair ___ Heart ___ Liver
___ Lungs ___ Mouth ___ Skin
___ Throat

Tobacco Stinks!



Alcohol is another drug that can do bad things to especially if you are a kid. Alcohol is found in beer, wine and liquor. It can make you sleep, dizzy and sick.

Alcohol is illegal for anyone under the age of 21 to drink at anytime.


Alcohol Is For Adults Only

There are other drugs that are bad for you, like marijuana, heroin, cocaine, and speed. It is against the law to use these drugs. If you do, you could wind up in jail.

**Drugs Can
Trouble!**



to



Medicines are good drugs if they are used the right way. They can help you feel better when you're sick.

Even medicines can be harmful if you do not use them correctly. To learn how to take them safely you need to only take medicines from your parents, a doctor, a nurse or another adult that you trust.


Not All Drugs are Bad Drugs

If someone offers you drugs, say “NO”, leave right away, and tell a grown-up you trust.

These are some ways to say “NO” to drugs.

- No way!
- No thanks!
- I don’t want to get in trouble!
- I’ve got to go now!
- I’m meeting my mom soon!
- I just don’t do that!

Learn How To Say NO to Drugs



One day someone you know might want you to do drugs.
Remember, drugs can hurt you.

Would a real friend want you to hurt yourself?

NO! Real friends want you to be healthy and happy


Choose Good Friends

There are lots of fun things to do instead of using drugs.
Spend time doing something you like, that's also good for
you.

Here are some things you can do instead of drugs.

Fly a kite Ride a bike Read a book
 Play catch Go skating

Drugs are no fun!



Steer clear of drugs and you can succeed in life. Set your goals and do your best!

When you set a goal, you need to make a plan to achieve it. Suppose you want to make an “A” in math. What do you have to do?

Set Goals and Succeed

1. Get plenty of sleep.
2. Pay attention in class.
3. Ask questions in class.
4. Do your homework.
5. Stay away from drugs.
6. Ask for help when you need it.
7. Study

Steps for Success

I pledge that
I will **BELIEVE** in myself
and work hard to
ACHIEVE my goals, so
I can **SUCCEED** in life
DRUG FREE!

Repeat After Me
