We Don’t Need Drugs
An Educational Coloring & Activity Book

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Drugs are any chemical that can affect your mind or body. Some drugs are meant to be taken only when you are sick. These drugs are called medicine. You should only take medicine given to you by your parents or another responsible adult.

Never take anyone else’s medicine.
Match the letters to the numbers and write the secret message!

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

ANSWER: Make the right choice. Just say no!

13 1 11 5

20 8 5

18 9 7 8 20

3 8 15 9 3 5

10 21 19 20

19 1 25 14 15

ANSWER: Make the right choice. Just say no!
Taking drugs or alcohol can make you very sick. You might become very confused. You might not even know what you are doing.

By not taking drugs or alcohol you can lead a happy and healthy life. You will be more alert to what is going on around you.
Unscramble the words.

1. atehihelr ____________________________
2. cboctoa ____________________________
3. sesiedas ___________________________
4. etsiuonqs ___________________________
5. cidvidate ___________________________
6. ciendmie ___________________________
7. imcealcsh ___________________________
8. exferlse ____________________________

ANSWERS: 1. healthier 2. tobacco 3. diseases 4. questions 5. addictive 6. medicine 7. chemicals 8. reflexes
We don’t need alcohol! ALCOHOL IS A DRUG that could make you very sick.

These are some safe drinks.

These drinks all contain alcohol.
How many words can you make using the letters in

WE DON’T NEED DRUGS
Find your way through the maze!
Don’t be a loser!
Don’t use marijuana!

Marijuana could permanently damage your body. Smoking marijuana can cause your thinking to slow down. It can also make you forget what you are doing.
You will be much more alert if you don’t use drugs or alcohol.

Without drugs or alcohol in your body, your body will be healthier. You will be able to do better in sports because you will have better reflexes and more energy.
1. Drugs are any ______________ that can affect your mind or body.

2. You should only take ______________ given to you by your parents or another responsible adult.

3. If you drink ______________ it is a drug that could make you very sick.

4. You will have a ______________ body and can do more things if you don’t take drugs!

5. Smoking is very bad for you. Tobacco contains a drug called ______________.

6. Ask your ______________ or another responsible adult if you have any questions about drugs.

7. Smoking can also cause cancer and other ______________.

ANSWERS: 1. chemical 2. medicine 3. alcohol 4. healthier 5. nicotine 6. parents 7. diseases
Find and circle the words in the puzzle.

HEALTHY        ALCOHOL
TOBACCO         NICOTINE
ADDICTIVE       REFLEX
ALERT           MEDICINE
DRUGS           CHEMICALS
You will have more energy WITHOUT DRUGS!

You will have more fun WITHOUT DRUGS!

You will have a healthier body and can do more things if you don’t take drugs!
Find the line that will help the turtle find the answer to his question about drugs!

JUST SAY NO
Ask your parents or another responsible adult if you have any questions about drugs. It is important to get correct information about drugs.

Smoking is very bad for you. Tobacco contains a drug called nicotine. Nicotine in tobacco makes it very addictive which means your body begins to need it and it becomes a bad habit. Smoking can also cause cancer and other diseases.
I, ___________________, know

(PRINT YOUR NAME)

that drugs and alcohol are very bad for me. I promise not to take drugs or drink alcohol. I want to grow up healthy and safe!

________________________

(YOUR SIGNATURE)