

HAPPY, HEALTHY, & DRUG FREE!

COLORING AND ACTIVITY BOOK



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SAY
YES
TO **LIFE!**

~~DRUGS
DRUGS
DRUGS~~

*PUT AN END TO
BULLYING TOGETHER!*



When a person tries to hurt someone else on purpose - that is bullying. A bully will usually pick on the same kid or kids more than once - sometimes over days, weeks or even years.

It will take everyone to put an end to bullying. Bullying can be upsetting for the kids who are bullied and the kids who see others being bullied. Let's band together for a bully-free world!

ACTIVITY

Cross out the names of colors and animals. Write the leftover words on the lines to find an important message. The first one has been done for you.

~~BLUE~~ NO RED CAT PINK ONE HORSE PURPLE DOG HAMSTER DESERVES
MOUSE ORANGE TIGER TO GREEN ZEBRA BE BEAR YELLOW BULLIED

No _____

FOLLOW THE GOLDEN RULE!



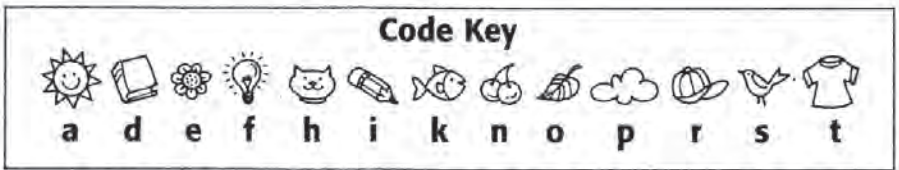
No kid wants to be tripped, pushed, called names, or have lies told about them. So why do some kids do this to others?

Bullies don't care. They don't care that their actions hurt or make others feel bad. But the good news is... It is NEVER too late to change. A kid can make the choice to stop, and start treating others the way they want to be treated.

ACTIVITY

Everyone wants to be treated respectfully. Use this Code Key to find four ways to treat others.

1. _____ l y
     
2. _____ l y
   
3. _____ l y
      
4. _____ l y
   



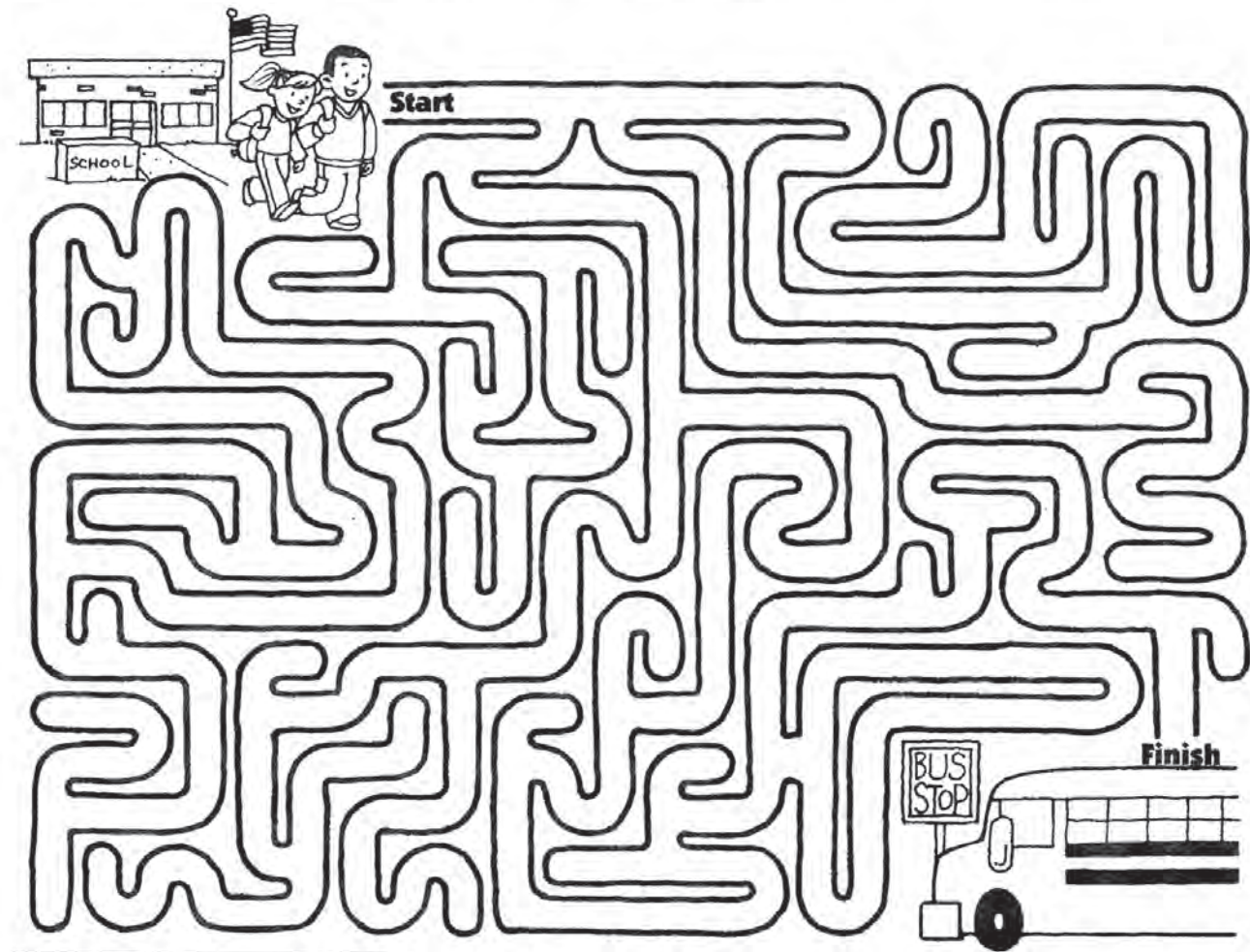
BULLY-PROOF YOURSELF!

Bullies usually pick on kids who are shy, nervous, or alone. Here are three ways to help you avoid being bullied.

1. Do your best to stay away from bullies. Stay near adults or in places with other kids around.
2. Show confidence by acting strong. Walk, stand and sit up straight - even if you don't feel that way inside. Look people in the eye. Speak firmly and clearly.
3. Make friends. Join a school club or sports team. Reach out to new students and use the buddy system! Always go places with a friend.

ACTIVITY

Help these buddies get to the bus stop together.



*IF YOU SEE OTHERS
BEING BULLIED...*

You can help even if you are not the target of bullying... Here's how!

- Help the kid being bullied to get away
- Tell the bully to cut it out
- Say nice and comforting words to the person who was bullied
- Never join in, encourage or laugh with a bully. If you cannot help, walk away.
- Report the bullying to an adult at school and at home. Explain what happened, who was being the bully and who was being bullied.

ACTIVITY

Who can you tell? Fit the words from the Word Box into the puzzle. They are all adults you can report bullying to. One has been done for you.

_____ R _____
 _____ E _____
 _____ P _____
 _____ O _____
 _____ R _____
 P A R E N T
 _____ I _____
 T _____

WORD BOX

**BUS DRIVER
COACH**

COUNSELOR
GRANDPARENT

~~PARENT~~
PRINCIPAL

SOCIAL WORKER
TEACHER

BE DRUG FREE TOGETHER!

Drugs are a danger in EVERY community. Drugs wreck people's health, families, dreams and lives. It will take the help of many people to put an end to drug abuse. Can you band together with us for a brighter, drug-free world?

ACTIVITY

Cross out every other letter. Write the leftover letters on the lines to discover the message. The first one has been done for you.



H

DRUGS DESTROY DREAMS



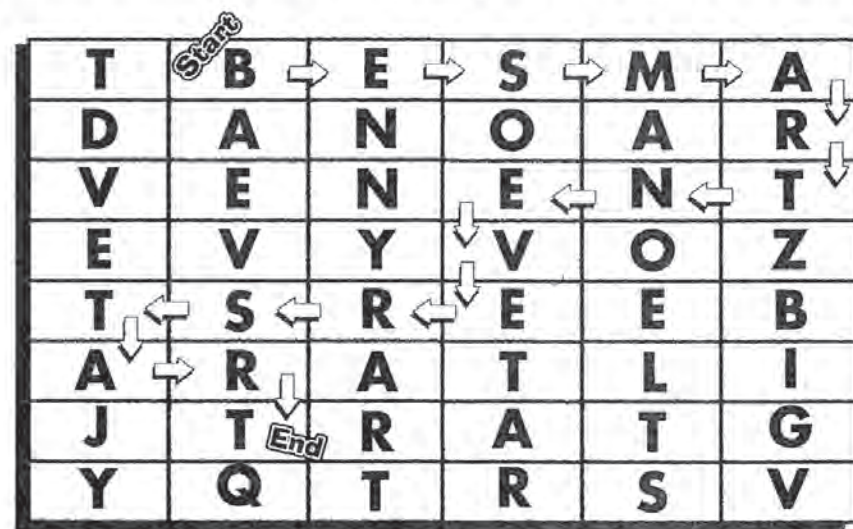
Drugs are very addictive, which makes it one of the biggest problems. That means once your body is used to using them, it is VERY hard to stop.

Drugs take over your control of your life. They can make you do unsafe and dishonest things. You might put your future at risk or harm the ones that you love.

The best way to protect yourself from drugs is to NEVER try them - not even once.

ACTIVITY

Follow the arrows to find a message. Write it on the lines below.



_____,
_____!

REFUSE TO USE!

Learn how to say NO to drugs. Take turns with a friend pretending that one of you is offering alcohol, tobacco, or other harmful drugs, and the other is saying NO. That way you will be prepared if it ever happens.



ACTIVITY

Here are six ways to refuse drugs. Fill in the missing letters with an A or an O.

1. N__ th__nks.
2. I h__ve t__ get h__me.
3. I need t__ meet __ friend.
4. I d__n't feel like it.
5. I'm l__te f__r pr__ctice.
6. I d__n't like th__t stuff.

FIND BETTER THINGS TO DO THAN DRUGS

Positive activities like sports and hobbies, are great ways to stay drug free. Do your favorite pastimes with friends, family or on your own.

ACTIVITY

Find these words in the Word Search. They are all better things to do than drugs! Look across, down and diagonally. The first one has been done for you.



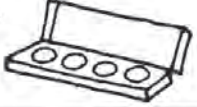



A	R	T	O	C	O	M	E	D	Y
F	S	O	C	C	E	R	T	S	B
R	E	A	D	I	N	G	E	F	A
E	C	S	B	A	K	I	N	G	S
A	C	Y	K	W	D	A	N	C	E
G	Y	T	M	A	B	L	I	O	B
A	C	I	U	U	T	L	S	M	A
M	L	R	S	Z	S	I	A	N	L
E	I	W	A	L	K	I	N	G	L
S	N	A	T	F	I	N	C	G	U
N	G	W	R	I	T	I	N	G	Z
P	U	Z	Z	L	E	S	N	E	Z





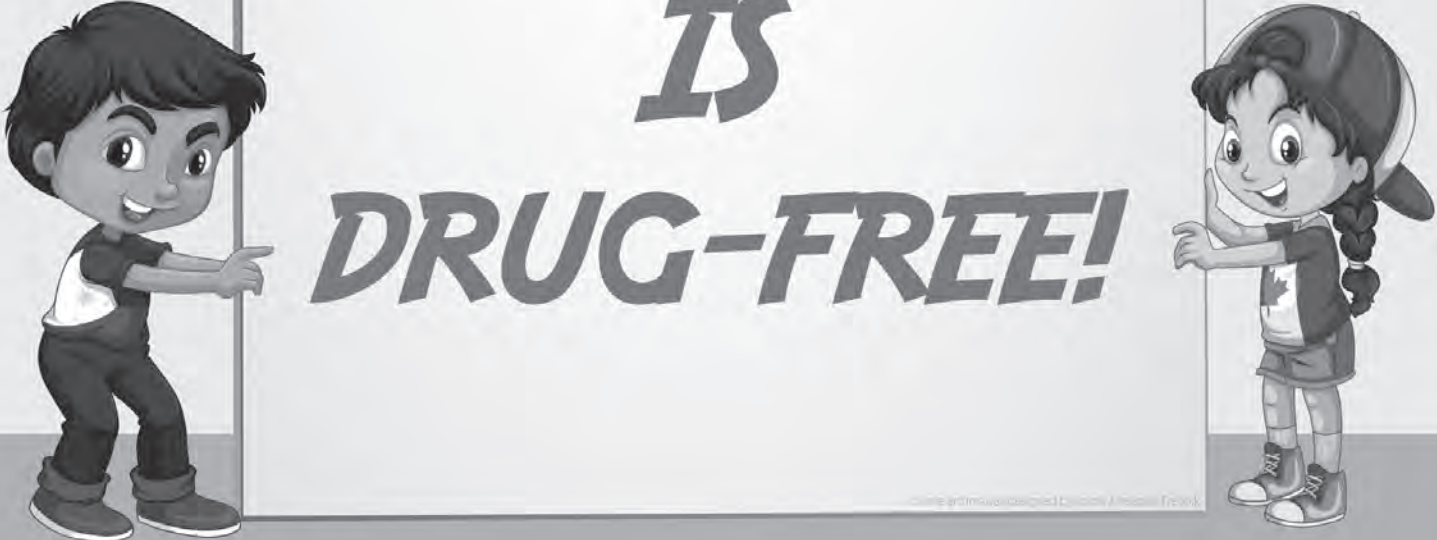





WORD BOX			
ART	CRAFTS	MUSIC	SOCCER
BAKING	CYCLING	PUZZLES	TENNIS
BASEBALL	DANCE	READING	WALKING
COMEDY	GAMES	SKATING	WRITING



A HEALTHY ME IS DRUG-FREE!





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GOOD
CHARACTER
GOOD
CHOICES
DRUG & BULLY
FREE!

