

# Just Say "No!" to Drugs



HOW TO KEEP OUR BODIES HEALTHY!



# How can we keep our bodies healthy?



- Getting exercise
- Eating lots of fruits and veggies
- Sleeping enough
- Saying no to drugs and alcohol



# What do you already know about drugs?



1. What's a drug? Can you name some drugs?
2. What do drugs do to your body and mind?
3. Why do some kids and teens use illegal drugs even though they're dangerous?

# What is a drug?



- A **drug** is a chemical that's used to treat, cure, or prevent sickness
- Some drugs are good for you when you need them
- There are many other drugs that are illegal or can make you sick if you don't take them the right way

# Alcohol and Drugs Hurt



- Your relationships
- Your health
- How you feel about yourself
- How much energy you have
- How you do in school and other activities

# Alcohol



- Drinking alcohol is **dangerous** for kids and teens
- The **media** makes it easy for kids to get the **wrong message** about alcohol



# What happens when someone drinks alcohol?



- Alcohol **slows** the brain down
- They might do or say things they **don't mean** or **hurt** themselves or other people
- Someone who drinks too much might throw up and **feel really sick**



# Marijuana



- **Marijuana** is a type of drug that can be smoked
- When someone smokes marijuana, the drug goes to their **lungs**, then to their **bloodstream**, and then to their **brain** and **other organs**
- You may hear about kids trying marijuana, but it's **against the law** to use it —  
for adults and for children



# What happens when someone smokes marijuana?



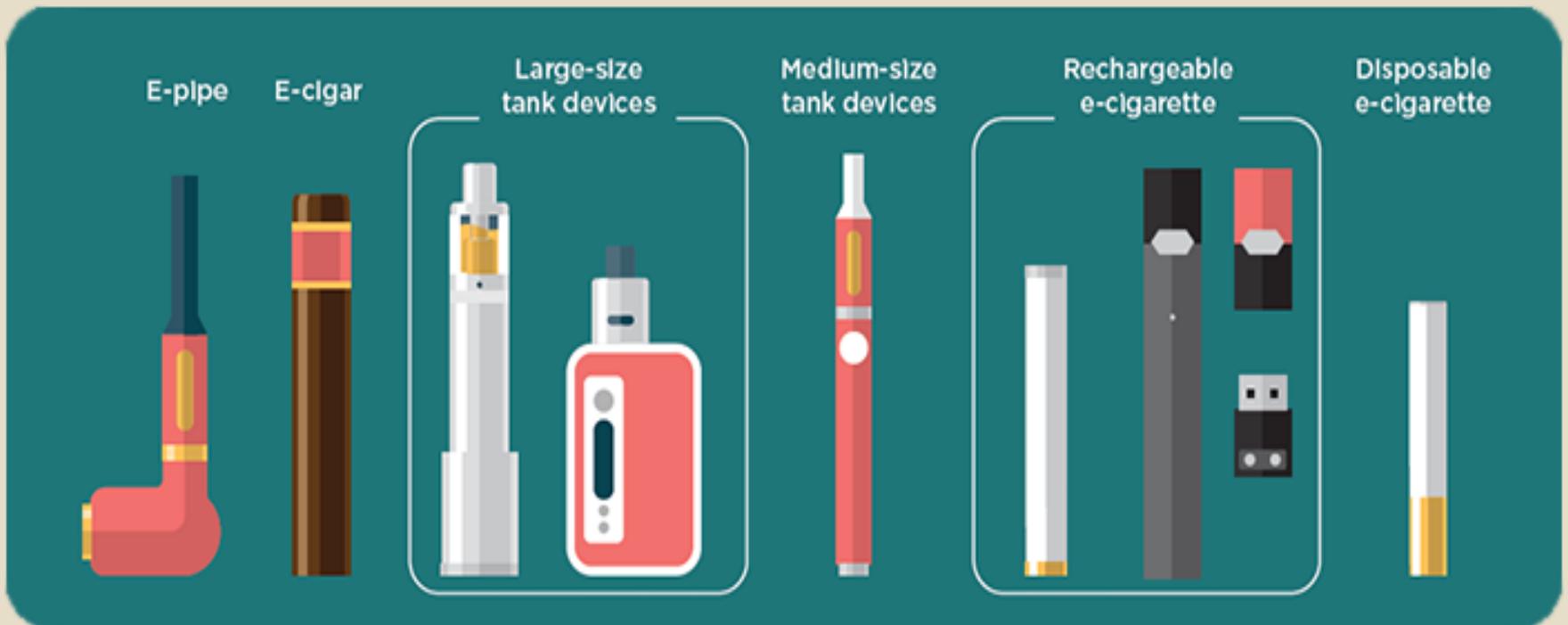
- Smoking marijuana can
  - Make it harder to learn and remember things
  - Make it harder to understand what's going on
  - Cause feelings of dizziness
  - Make someone more likely to get hurt



# Vaping



- **Vaping** is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**)



# Vaping

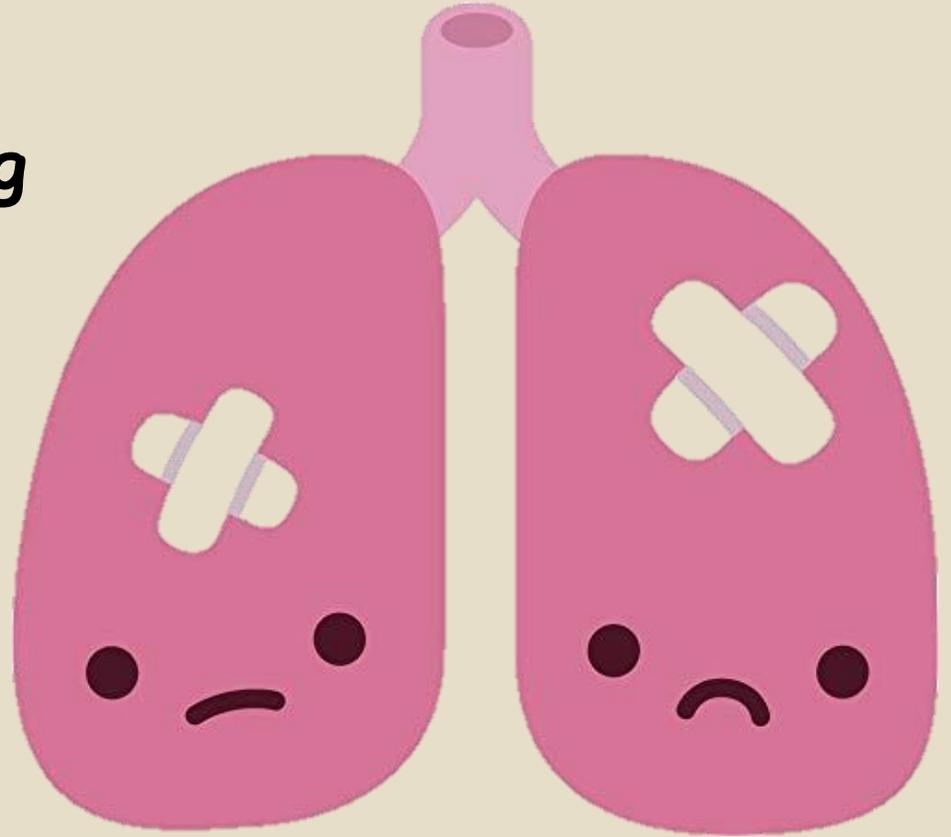


- **E-cigarettes** use batteries and come in lots of different shapes and sizes
- They have cartridges filled with a **liquid** that contains **nicotine**, **flavorings**, and **dangerous chemicals**
- The liquid is heated into a vapor, which the person inhales

# Vaping



- E-cigarettes contain **dangerous chemicals** in them that can cause **lung disease**
- Some people use e-cigarettes to vape **marijuana**



# What happens when someone vapes?



- Vaping puts **nicotine** into the body
- **Nicotine** is a chemical that
  - Can hurt the brain
  - Make it harder to remember things
  - Negatively affect



# Peer Pressure



- Some young people think that drinking or using drugs helps them fit in, look cool, make friends, or have fun



# Peer Pressure



- **The truth is, using drugs**
  - Can cause fighting
  - Make you do things you normally wouldn't do
  - Make it harder to succeed in school, sports, and other activities



# Peer Pressure



Friends can also influence you to lead a **healthy lifestyle**

## Ask Yourself...

- Do your friends have your well-being in mind?
- Do they encourage you to engage in habits that better your fitness and health?
- Do they make you feel good about yourself?

Most kids  
and teens  
**DO NOT**  
use alcohol  
or drugs!



Decide for  
yourself  
to avoid  
drinking and  
drug use.

# What are some ways we can keep our bodies healthy?

