

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 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



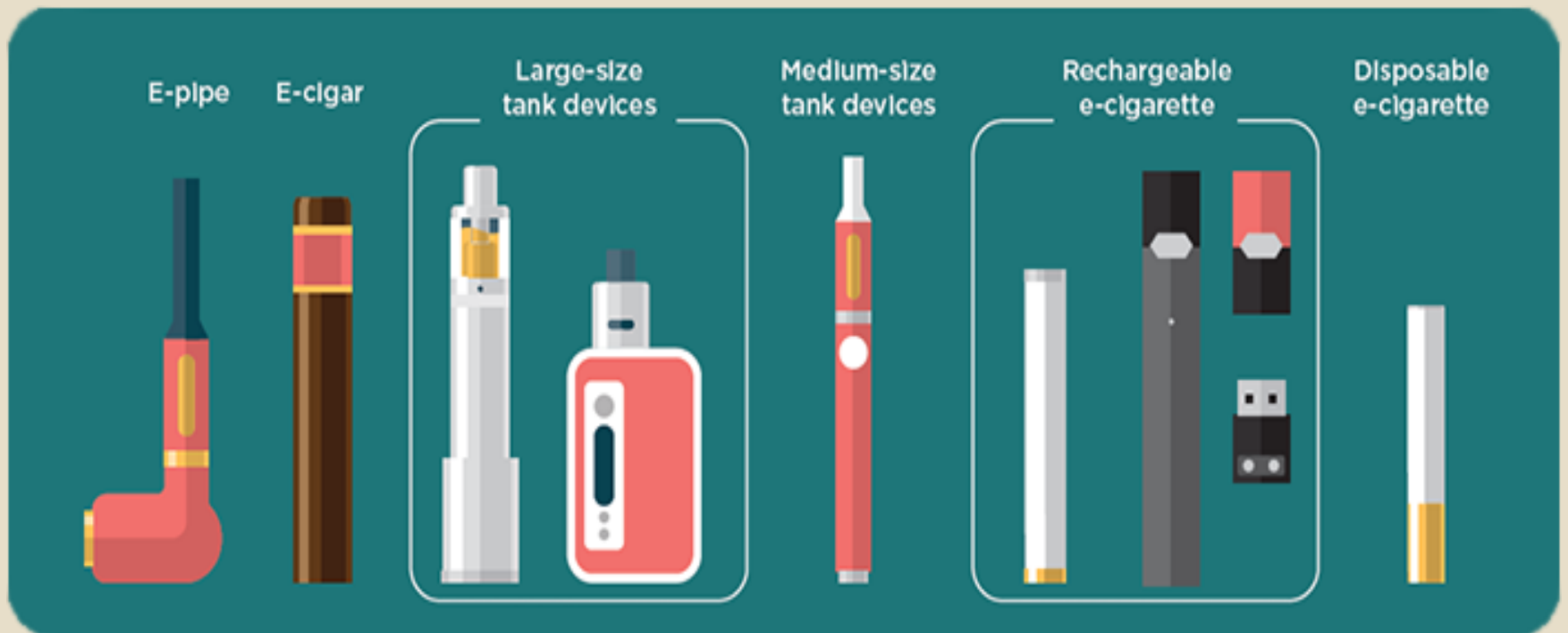
- Drinking alcohol is dangerous for kids and teens



Vaping



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



Vaping

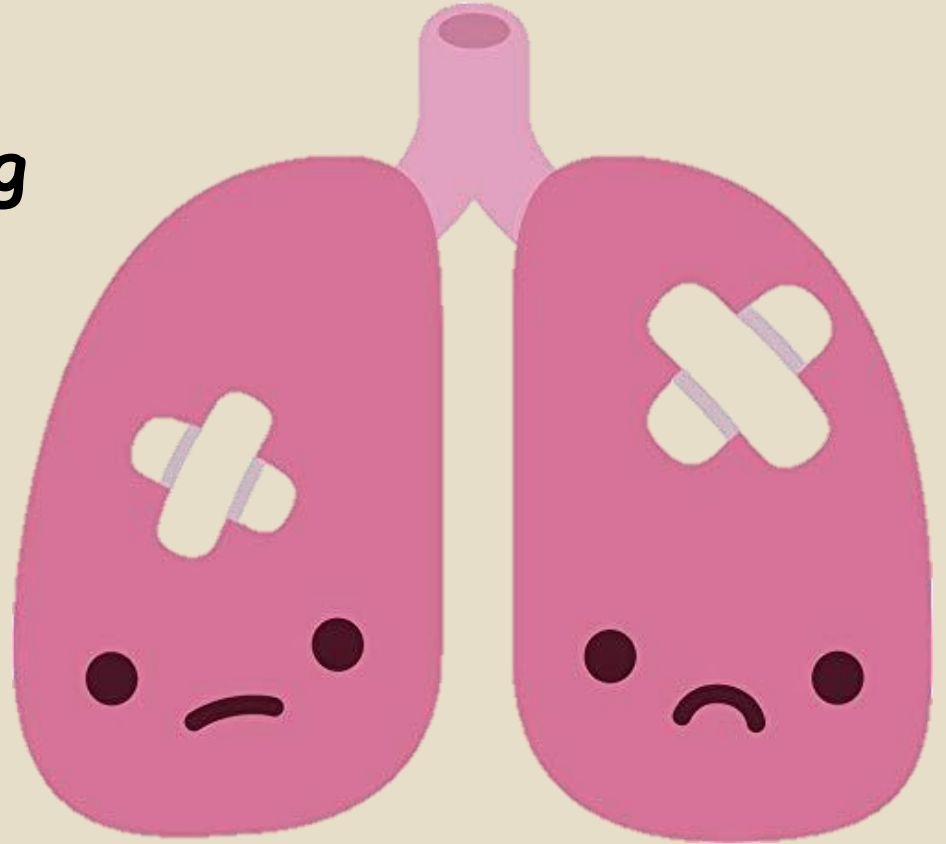


- **E-cigarettes** use batteries and come in lots of different shapes and sizes
- They have cartridges filled with a **liquid** that contains **nicotine**, **flavorings**, and **dangerous chemicals**
- The liquid is heated into a vapor, which the person inhales

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



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?

