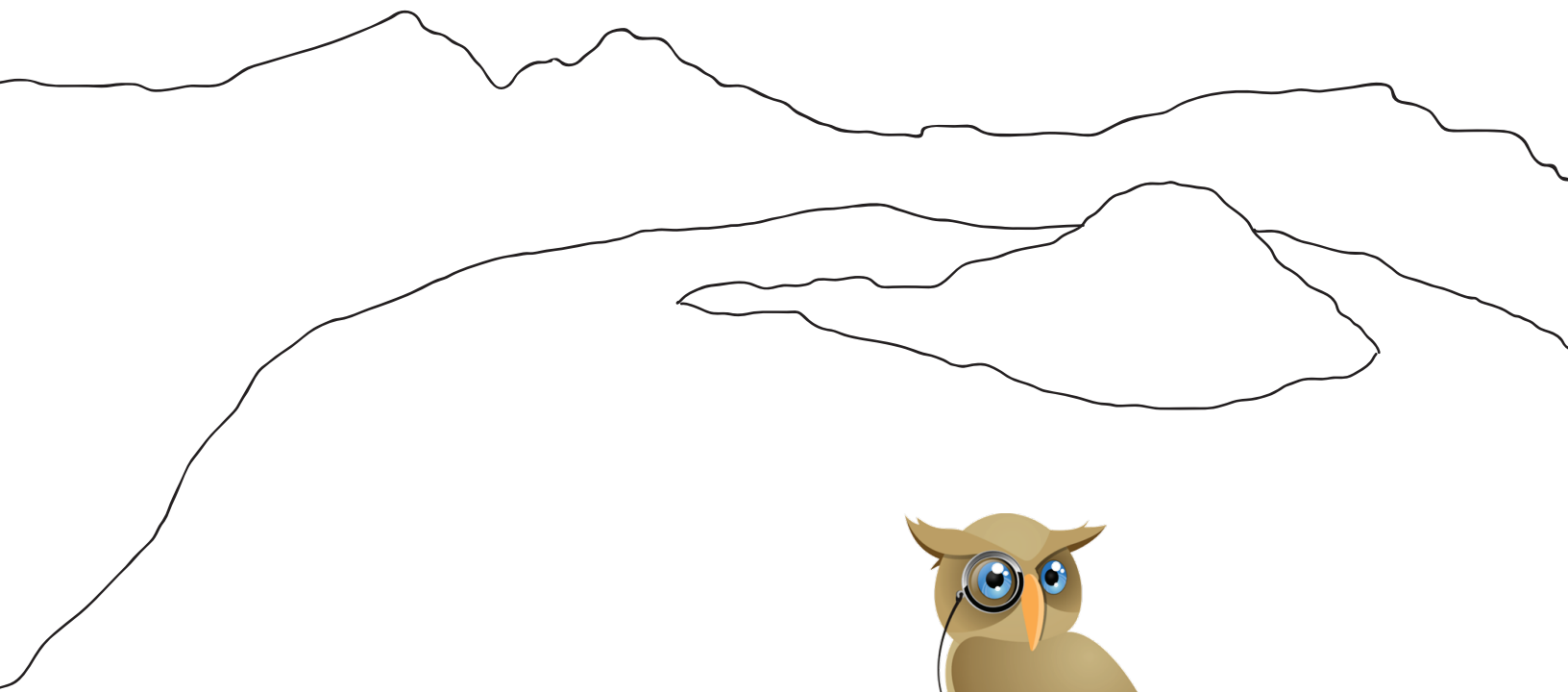


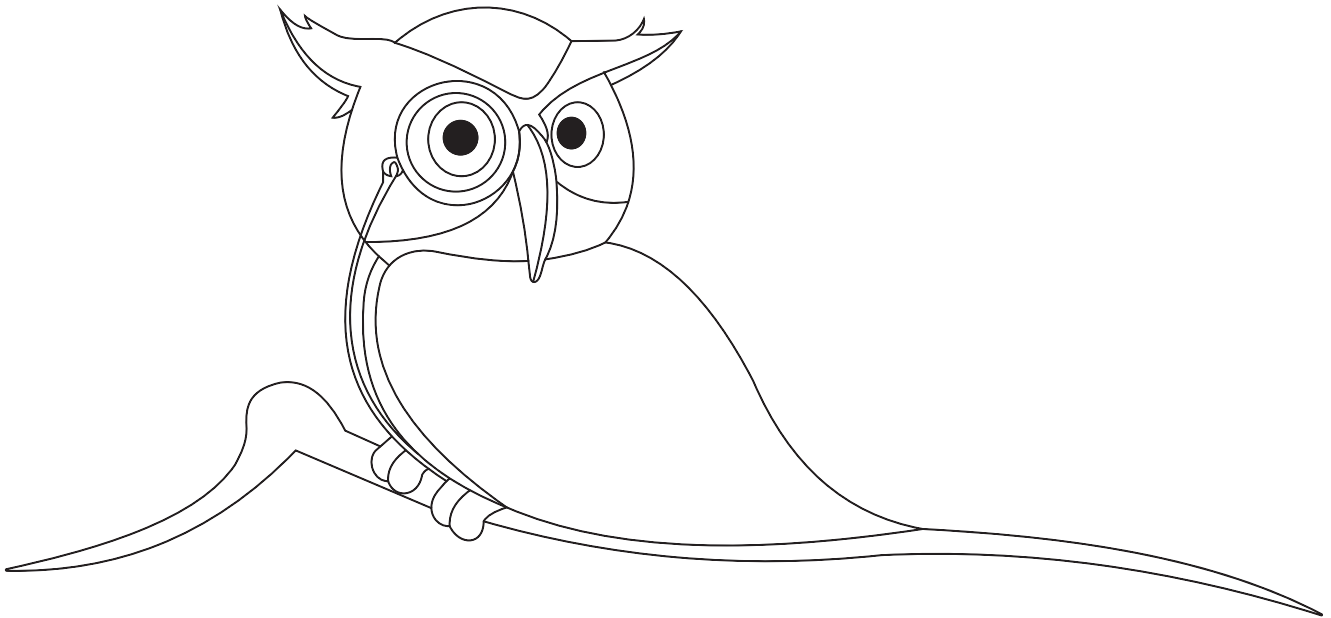
CLEAR Alliance **Activity &** **Coloring Book**

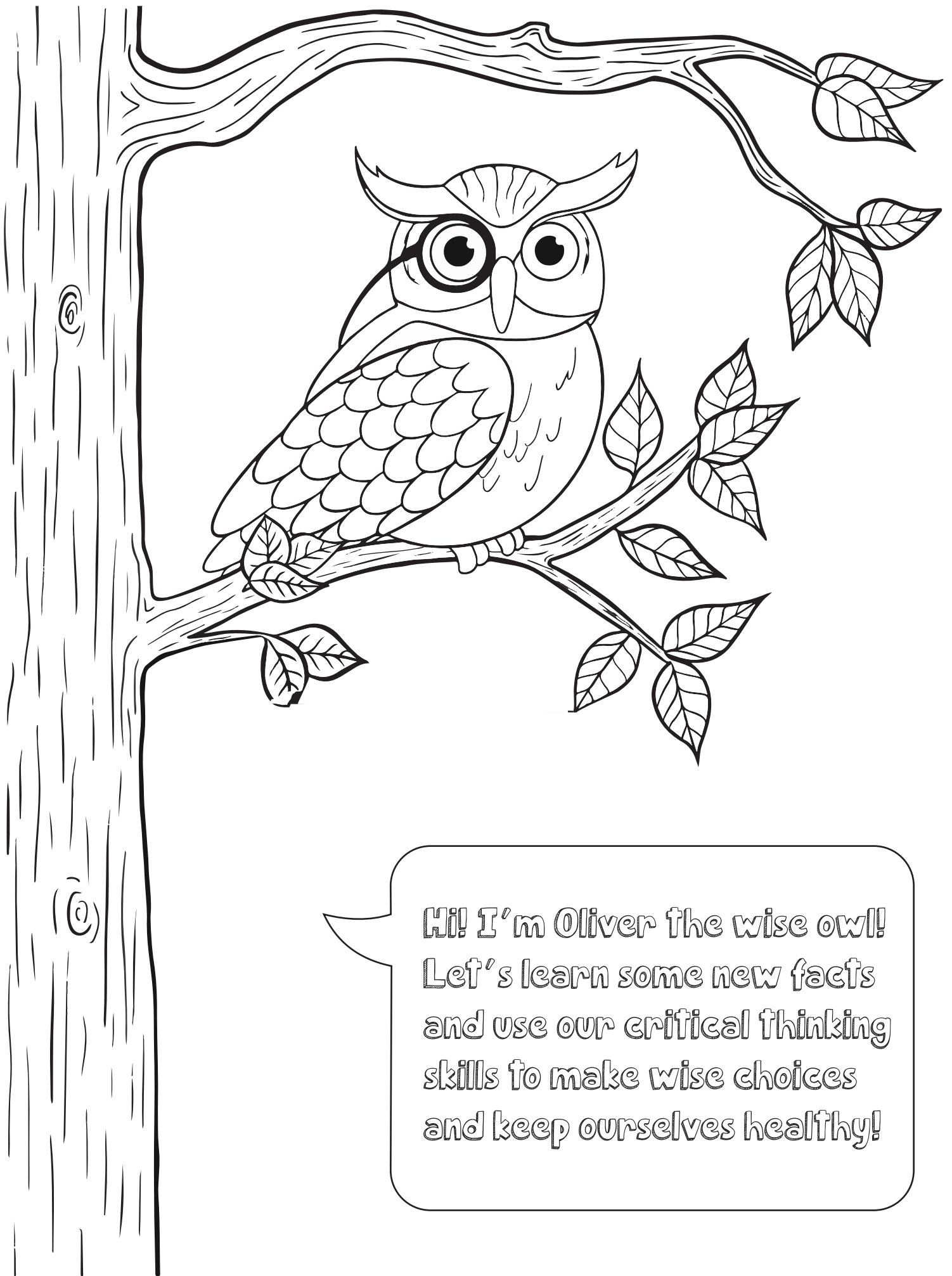


THIS BOOK BELONGS TO:

NAME:

DATE:





Hi! I'm Oliver the wise owl!
Let's learn some new facts
and use our critical thinking
skills to make wise choices
and keep ourselves healthy!

The top of the page is decorated with various chemical structures. On the left and right sides, there are several small, branched molecules consisting of circles (atoms) connected by lines (bonds). In the center, there are larger, more complex structures featuring interconnected hexagons, which represent benzene rings or similar cyclic compounds.

WHAT ARE DRUGS?

**DRUGS ARE CHEMICALS
THAT CHANGE THE WAY PEOPLE**

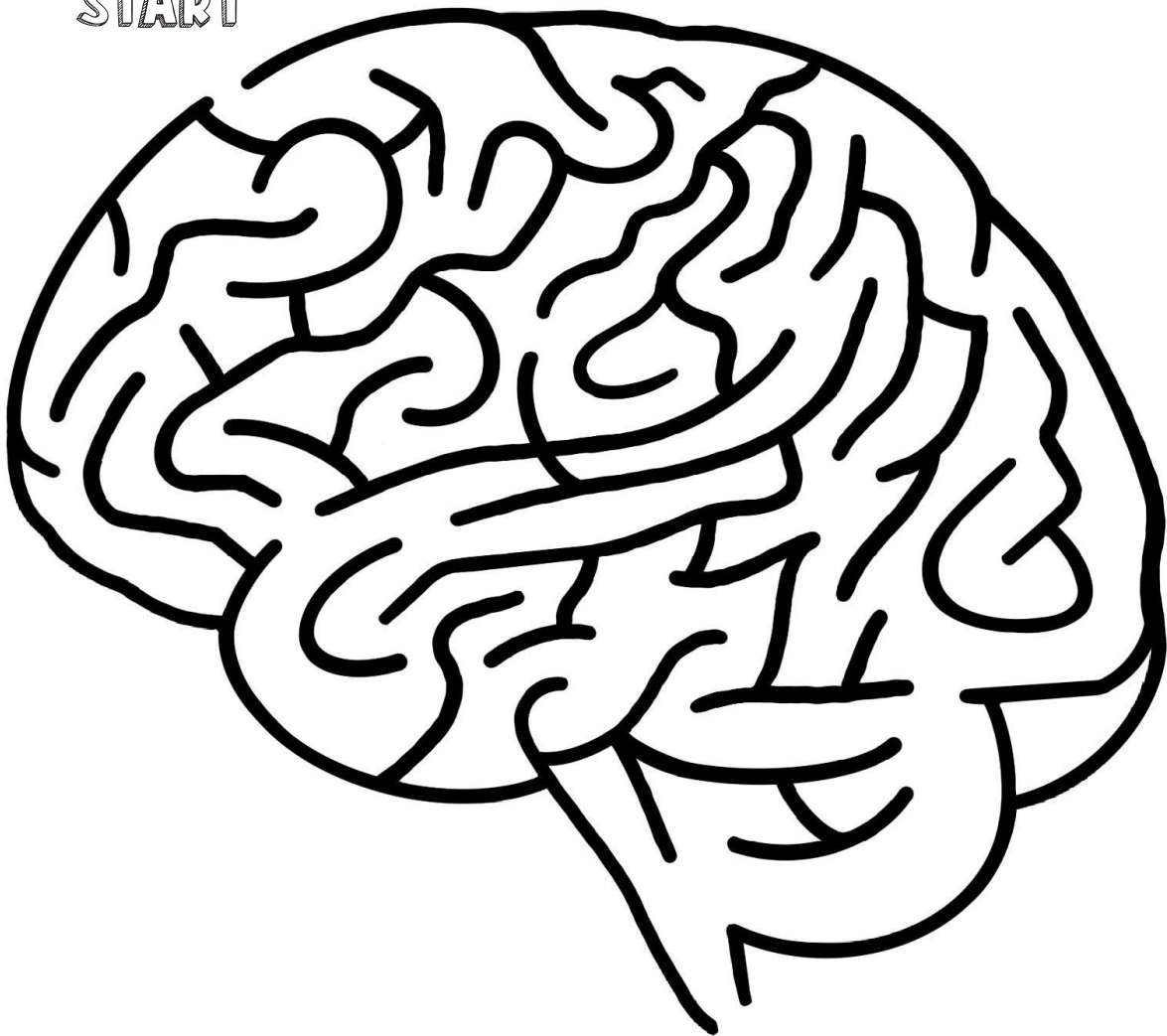
A light gray thought bubble is positioned behind the word 'THINK'.

**THINK
FEEL
& ACT**

BRAIN MAZE

Complete the maze and think about how difficult it is for the brain to operate when it is impaired by harmful substances.

START

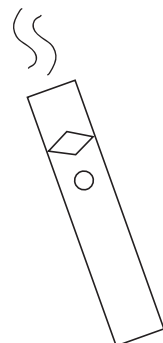
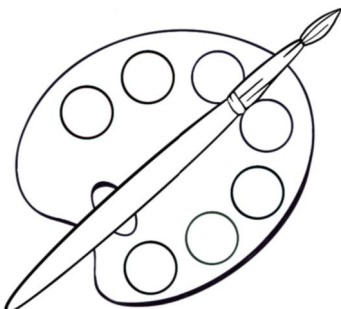
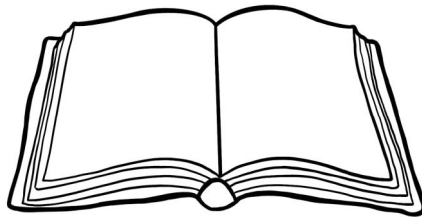
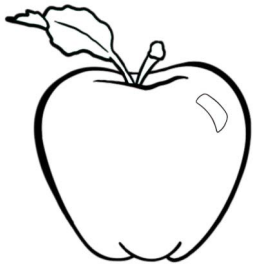


FINISH

WHAT DO DRUGS LOOK LIKE?

Cross out the drugs and harmful activities

Color in the healthy activities



MAKING WISE CHOICES!

Many substances can be harmful to our bodies. Vaping for example, can cause many health problems. Circle the parts of the body that can be negatively affected by vaping.

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

immunity
teeth

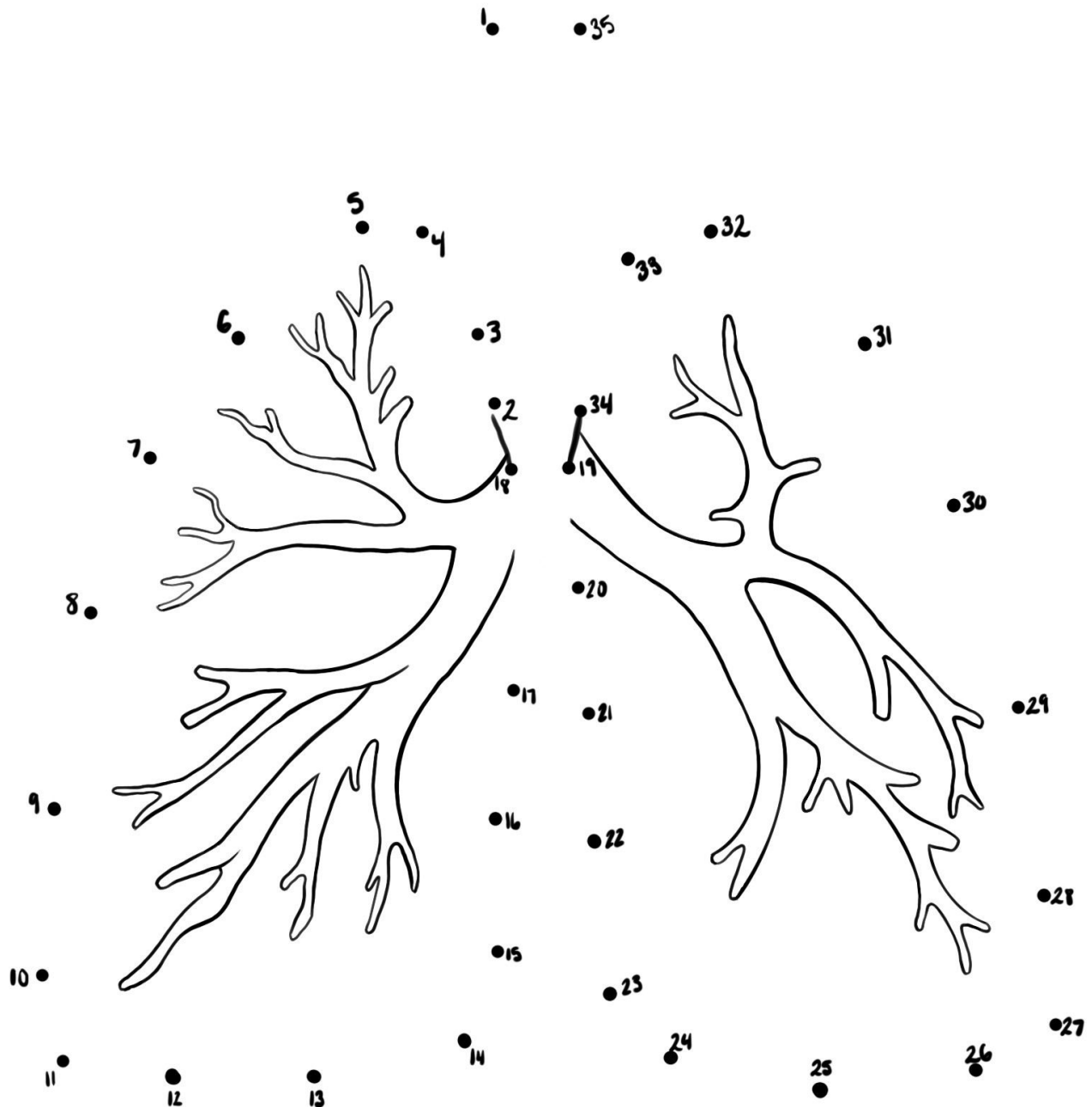
throat
heart

brain
lungs

mouth
eyes

CONNECT THE DOTS

These are lungs, which allow people to breathe.
Smoking and vaping damages the lungs
making it hard to breathe.



COLOR IN THE LETTERS WITH A DOT

LEARNINGOT

SLHELPSOFUS

HANDRUMAKE

JSDBIWQMA

KOEKRWISEY

RCHOICESPEY

REFUSAL SKILLS

Lets learn some new skills we can use when we get into situations that are unsafe. People may pressure us to do things that make us uncomfortable, like trying to get us to ride in a car with someone who is impaired. Try to pick one or two of these skills you can remember in case you find yourself being pressured to do something you don't want to do.

One - Lather, Rinse, Repeat

Repeat your answer to the person pressuring you.
This might sound like "I don't want to, I don't want to, I don't want to."



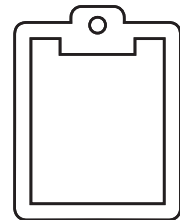
Two - Make an excuse

Come up with something you need to do instead.
This might sound like, "I can't get into the car with you, I need to use the bathroom."



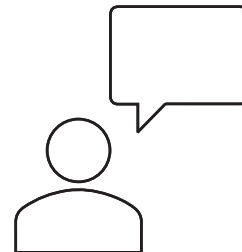
Three - Have a Backup Plan

Make sure you have other options.
This might sound like, "My brother can come pick us up."



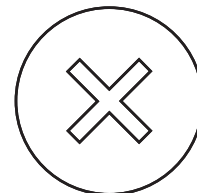
Four - Share how you feel

Tell the person pressuring you how it makes you feel.
This might sound like, "I'm not comfortable with this."



Five - Avoid the Situation

Don't go to places or spend time with people you don't feel comfortable with.

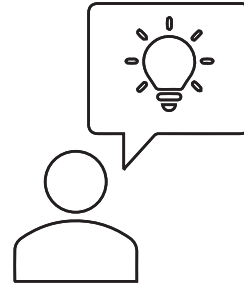


REFUSAL SKILLS

Lets learn some new skills we can use when we get into situations that are unsafe. People may pressure us to do things that make us uncomfortable, like trying to get us to ride in a car with someone who is impaired. Try to pick one or two of these skills you can remember in case you find yourself being pressured to do something you don't want to do.

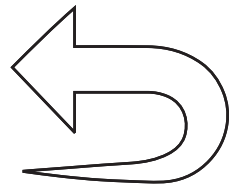
Six - Give a Better Idea

Offer something else to do.
This could sound like, "Let's go watch a movie instead."



Seven - Turn the pressure around

Put the pressure on the person who is pressuring you.
This might sound like, "Don't get in the car, let's just walk home."



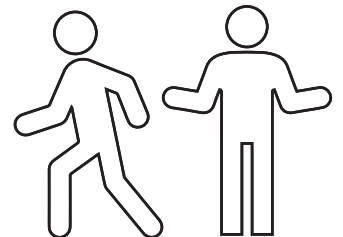
Eight - Just the facts

Give the person a fact.
This might sound like, "I don't want to get in the car with you, marijuana is the second most common drug in crash-involved drivers."



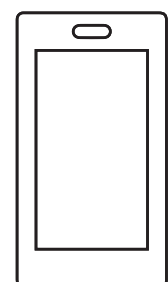
Nine - Ignore it and Walk Away

If someone is pressuring you, you can ignore them and walk away.



Ten - Call or text family, friend, or 911

There are lots of people who can help. Remember who you can contact in case you are in a situation you are not comfortable with.



MAKING BETTER CHOICES!

There are many activities that are much healthier for us than Alcohol, Tobacco, and Drugs. Find all the healthy activities in the word search below.

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

exercise

friends

reading

writing

sports

family

travel

music

