



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

AVOIDING DRUGS AND ALCOHOL

GRADES 5 - 6



NAME: _____

www.textpledge.us



TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.





A Message From Our Founder

Experimentation with drugs and alcohol is one of the most dangerous things that we can do to our bodies. This includes taking medicines not prescribed to us or using prescribed medicines in unsafe ways. Additionally, we can cause harm to our bodies when using over the counter products not meant for our age group.

Everyone's bodies are unique and respond differently to these chemicals. Keep track of your prescription medication and speak to a doctor or medical professional before consuming new prescriptions. Take control of your body and encourage others to do the same.

In this activity book, you will explore your own ideas related to drugs and alcohol and how they can impact your health and your behaviors.

Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)

Happy Learning!



Ms. Naomi

Founder at the Text Pledge Project





Investigator for one day...

An investigator is in charge of gathering reliable information to answer questions by following certain steps. Answer the questions by searching for truthful information.

1. Provide your own definition of the word “drug” and write it below. What do you think of when you hear this word?

2. Use a dictionary to research the definition of the word “drug”. Write the definition below and credit the source.

3. Which of the following are considered drugs? Select all that apply.

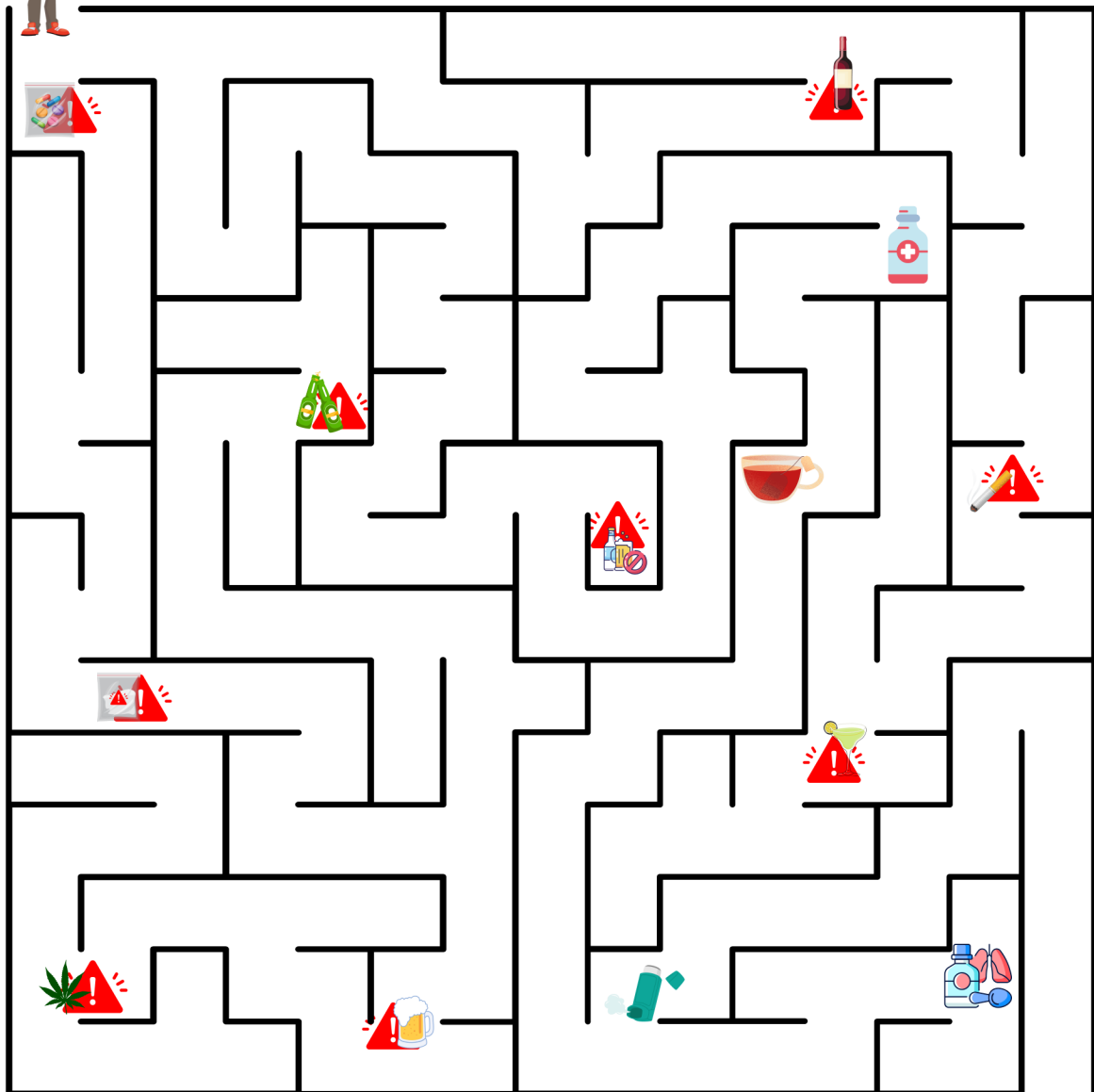
- Coffee
- Medications prescribed by a doctor
- Illicit substances like marijuana and cocaine
- Nicotine-containing products (e.g., cigarettes)

4. What impact can drugs have on your body? Select your answer.

- A) Improved physical fitness.
- B) Enhanced memory and concentration
- C) Increased risk of addiction, impaired judgment, and health problems
- D) Better sleep quality
- E). All of the above

Good vs Bad Drugs

There are different types of drugs that are used for different purposes. Find your way through the maze by avoiding harmful drugs. Note other drugs you encounter along the way.



Was it easy for you to differentiate between good and bad drugs?



WHAT CONSEQUENCE?

There are several consequences to abusing drugs and alcohol.
Identify the consequences and find them in the wordsearch below.

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

Addiction

Injury

Suspension

Stress

Detention

Home problems

Birth defects

Overdose

Illness

Expulsion

Who can help you?

Imagine you have a friend that wants to use alcohol and drugs OR is worried about someone he knows who wants to use them. Select with a ✓ which person you would recommend to help him/her between the two options and briefly explain why.

OPTION 1

WHY?



Kids Helpline

OPTION 2



Librarian

WHY?

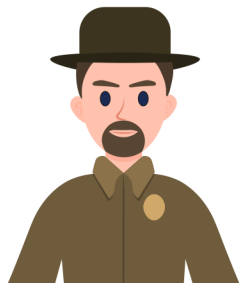


Trusted Adult



Kid

WHY?



Strange



Doctor/
Psychologist

Decode the Number

Did you know that there is a line you can call if you have problems related to drugs or alcohol?

There, you can find specialized help where they will guide you and, in case you need extra support, they will refer you to new lines such as police or firefighters.

Complete the following mathematical processes and find out the number of the hotline.

$$129.600 \div 162 =$$

$$4/8 + 12/8 =$$

$$2x = 70$$

solve for "x"



DRUG AND ALCOHOL ABUSE HOTLINE

Do not hesitate to contact this line in case you need help. You have someone who cares about you!

1- -6-2 4- 7

Superhero Choices

Just like superheroes, you have the ability to transform your world and the world of others. Circle the choices you believe are best for you and will help you avoid drugs and alcohol.



Exploring Hobbies



Fighting with your friends



Meditate



Isolate yourself



Eating healthy



Ignoring your mental health



Getting Enough Sleep



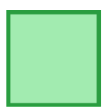
Skipping Responsibilities



Building Friendships

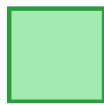
Aim for Behaviors

Now that you know a little more about the dangers of drugs and alcohol, here is a list of some activities healthy behaviors to combat them. Check the behaviors you currently practice and challenge yourself to participate in behaviors left unchecked.



Set Boundaries:

Don't hesitate to say no; true friends will respect your decision.



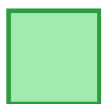
Open Communication:

Discuss your concerns about drug use with friends to ensure they understand your boundaries.



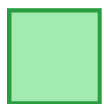
Plan for Situations:

Prepare responses for potential drug-related situations at events or parties.



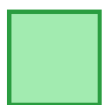
Educate Yourself:

Research different types of drugs and understand their potential impacts.



Trust Your Instincts:

If you feel pressured or uncomfortable, don't be afraid to walk away or make an excuse to leave.



Seek Support:

Talk to someone you trust if you're feeling pressured or have concerns about drug use.

Side Effects

All bodies react differently to the consumption of drugs and/or alcohol. The effects of drugs and alcohol on the body can be temporary, but continued use can cause permanent consequences.

Consider the list of side effects below and determine if each consequence is temporary or permanent. Write “T” for temporary or “P” for permanent on each line.

- _____ Nausea and vomiting
- _____ Dizziness
- _____ Addiction or dependence
- _____ Headaches
- _____ Fatigue or drowsiness
- _____ Increased heart rate
- _____ Dilated pupils
- _____ Brain damage
- _____ Slurred speech
- _____ Impaired judgment and decision-making
- _____ Mood swings
- _____ Organ damage (liver, kidneys, heart)
- _____ Loss of coordination
- _____ Cardiovascular problems
- _____ Anxiety or paranoia
- _____ Respiratory issues
- _____ Hallucinations or delusions





TEXT PLEDGE

RISE UP

Commit to all ten pledges

1

**STOP DISTRACTED
DRIVING**

2

**END
DISCRIMINATION**

3

**END ACTS
OF VIOLENCE**

4

**PREVENT BULLYIN AND
CYBER BULLYING**

5

**RAISE MENTAL HEALTH
AWARENESS**

6

**STOP DOMESTIC
VIOLENCE AND ASSAULT**

7

**END DRIVING UNDER
THE INFLUENCE**

8

**STOP HUMAN
TRAFFICKING**

9

**PROTECT ANIMAL
RIGHTS**

10

**PROTECT THE
ENVIRONMENT**

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