



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**AVOIDING  
DRUGS AND ALCOHOL**

**GRADES 5 - 6**



**NAME:** \_\_\_\_\_

# ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our 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, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[WWW.TEXTPLEDGE.US](http://WWW.TEXTPLEDGE.US)





## 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://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?**

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

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**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

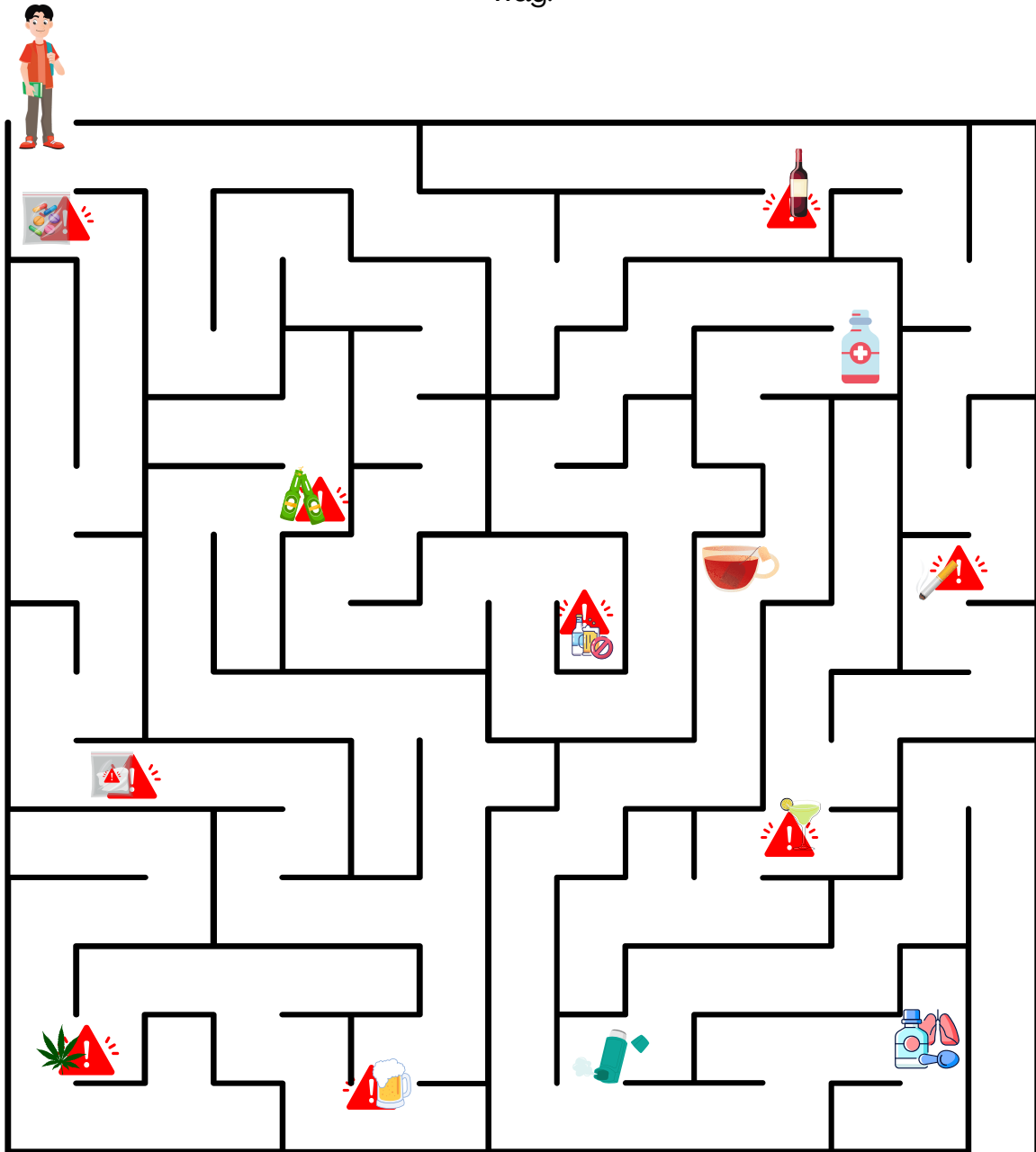


Drug and Alcohol Abuse Hotline 1-800-622-HELP



# 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?**



Download a crisis card and learn more at [www.textpledge.us](http://www.textpledge.us)

# WHAT CONSEQUENCE?

There are several consequences to abusing drugs and alcohol.  
Identify the consequences and find them in the word search 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	N	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



Librarian

WHY?

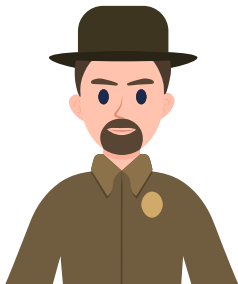


Trusted Adult



Kid

WHY?



Stranger



Doctor/ Psychologist



Drug and Alcohol Abuse Hotline 1-800-622-HELP

# 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



Imminent Emergency, Health Crisis, Car Accident call or text 911



# Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

## What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win  
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.

# Looking for Answers?



**Scan this code to view the  
answer key for this activity book**



## TEXT PLEDGE

RISE UP

Commit to all ten pledges

- 
- 1** STOP DISTRACTED DRIVING
  - 2** END DISCRIMINATION
  - 3** END ACTS OF VIOLENCE
  - 4** PREVENT BULLYING 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

[www.textpledge.us](http://www.textpledge.us)

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