

Winners Don't Use Drugs

Hi kids!
It's your pal
McGruff here.

I want you all
to be winners.

I don't mean by
scoring the most points or
running the fastest. I mean
by being the best you can be.



When you do your best, you're always a winner. Here are some facts, puzzles, and games to help teach you that to be a winner, you have to be drug-free.

Drugs and You

Many kids are worried about drugs. Some kids feel pressured to try them. You've probably worried or thought about trying drugs too.

Drugs—and I don't mean medicine your doctor tells you to take when you are sick—are pretty scary. They get a lot of kids into big trouble. Drugs could make you sick—you could even die. That's why it's a crime to use or sell many kinds of drugs—because they're so dangerous.

Some drugs that are legal for adults to decide about using can hurt younger people. For example:

■ Beer and wine have the drug *alcohol* in them. Alcohol can make you sick to your stomach or act in embarrassing ways. Worst of all, alcohol makes it hard for your brain to grow right.

■ Cigarettes have the drug *nicotine* in them. Nicotine, like alcohol, is addictive. This means your body learns to want it and eventually depend on it, even though it's harmful. Cigarettes also give you smelly breath and may burn holes in your clothes.

There are other drugs that are against the law for anyone to use—adults or children. They are as bad or even worse for you as nicotine and alcohol. Some of these illegal drugs are marijuana, PCP, LSD, cocaine, and crack. Ask your parents, school nurse, or teacher to help you find out how each of these drugs hurts your body and your mind.




Let's
Do a

P
U
N
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E!

	1			2	W	I	N	E	C	O	O	L	E	R
3														
4									5		6			
									7					8
9	10		11			12								
														13
			14			15								
16														
				17										

You can check your answers on the back page.



Across

- 2 Something smart kids don't drink.
- 3 Kids who are fun to play or study with.
- 4 To get the best _____ you have to study.
- 7 A person you should talk to if someone offers you drugs.
- 9 How to be a winner. (3 words)
- 13 The word you would use if someone offered you a tobacco or marijuana cigarette.
- 14 Alcohol can make you sick to your _____.
- 16 Using drugs is not _____ for you.
- 17 Cocaine, PCP, and marijuana are types of _____.

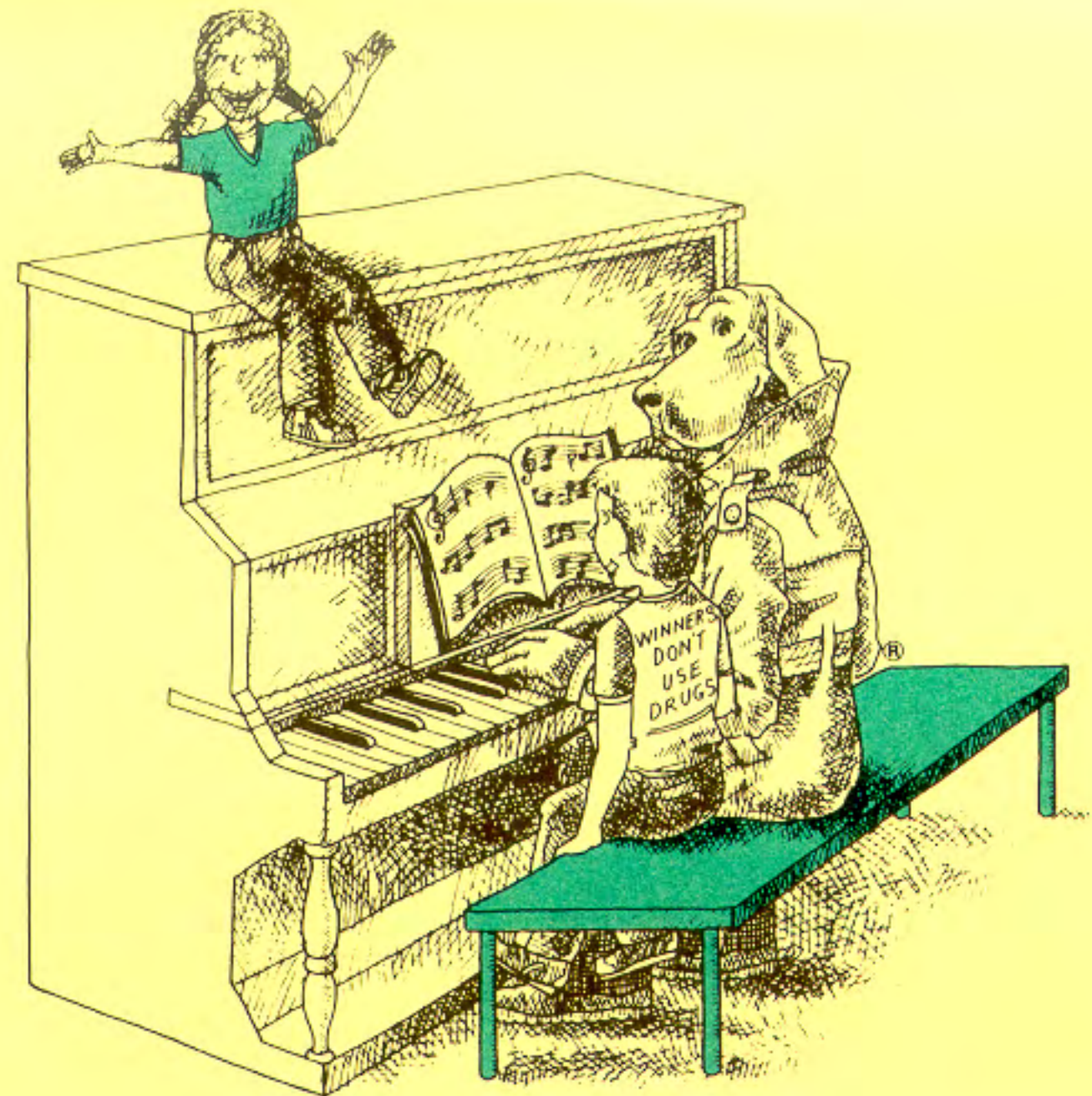
Down

- 1 In baseball, drugs can cause you to make an _____.
- 2 Drug-free kids are _____.
- 5 Basketball is a _____.
- 6 Winners are _____. (2 words)
- 8 Using drugs gets you into big _____.
- 10 Someone who takes drugs.
- 11 If you have questions about drugs, ask someone you can _____.
- 12 Say "no" to drugs and _____ to life!
- 14 When someone you care about uses drugs you can ask them to _____.
- 15 The Crime Dog.

Drugs and Your Family

Tobacco and alcohol are two drugs that adults are allowed to use if they want to. But that doesn't mean that these drugs don't hurt them. Adults don't always make the best choices. If adults in your family use tobacco, you could ask them to stop because you want them to be healthy. If adults in your family drink too much alcohol, you might say, "I like it better when you don't have that drug in you."

Some drugs—such as crack, cocaine, heroin, LSD, marijuana, PCP, Quaaludes, and others—are against the law for both kids and adults. These drugs can cause damage and sometimes death, even the first time you use them. If persons in your family are using any of these drugs, tell them you love them and you hope they will stop. Maybe you can talk to another grown-up who can help.



Drugs and Hobbies and Skills

If your hobby or skill is dancing or singing or acting, drugs will make it impossible to do these well. If you like to paint or draw, drugs can ruin the coordination you need to make your artwork look the way you want it to. If you take drugs, you'll have a hard time concentrating on the things you used to enjoy.

McGruff's Word Game—A Changeling

A changeling is a word game where you change one word into another word by changing one letter at a time. Look at the example to the right. Each time you change one letter, you make a new word. And so on, until you reach your goal. Use the hints to help you do the changeling below. Then check your answers on the back page.

C	A	T
C	O	T
D	O	T
D	O	G

L	O	S	E
W	I	N	!

What happens when you use drugs.

When you don't know where you are, you're _____.

To help you shop for groceries, take along a _____.

Fuzz from clothing.

This connects two points.

Something smart kids don't drink.

What happens when you're drug-free!

Drugs and School

Why use drugs when they make it harder to study, tougher to keep the facts straight, and rougher to take tests? Drugs make it difficult for you to do well in school.

Sometimes it's hard to say no to your schoolmates and other people you like. Here are some ways to say no to drugs and mean it:

"I know the facts. That stuff's bad for me and my body."

"Let's do something else. Want to play a game?"

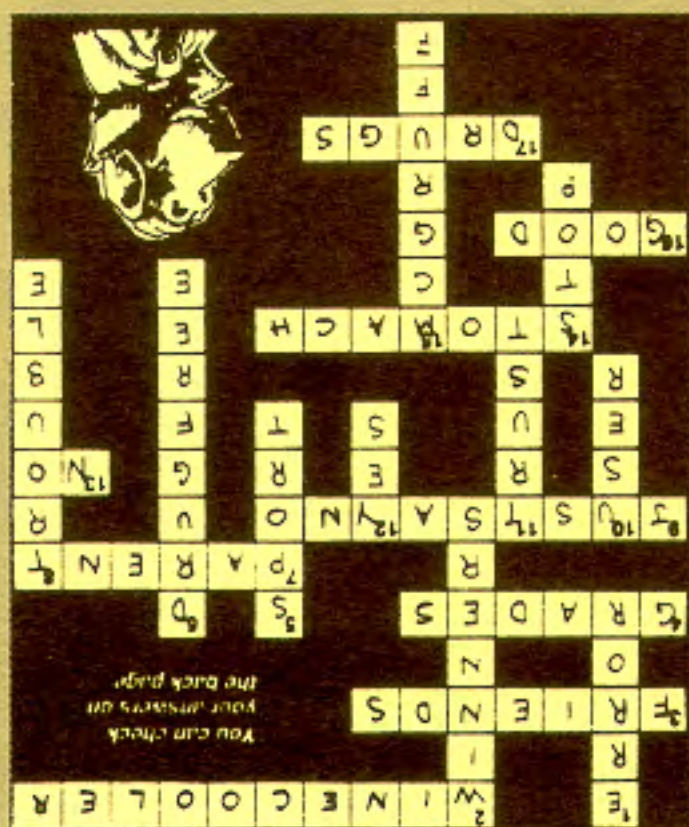
"I need to think straight. I have to study!"

"I'll never touch that stuff. Drugs could get me into too much trouble!"

"No thanks. I've got to go now."

Puzzle and Game Answers

I	N	I	M
E	N	I	M
E	N	I	L
T	N	I	L
T	S	I	L
T	S	O	L
E	S	O	L



Drugs and Sports

You want to do your best in sports. Drugs can really rob you of the chance.

For instance:

■ *Marijuana* stops your hands, feet, and eyes from working well together. You lose the coordination and timing you need to catch a ball or throw a pass.

■ *Smoking* marijuana or cigarettes will damage your lungs and make it hard for you to breathe. Without good breathing ability, your endurance in running and other physical activities will suffer.

■ *Alcohol* makes you dizzy and sick. You slow down. Sometimes you can't think clearly. If you drink alcohol, you won't be able to kick or dribble a ball as well as you usually do.

Be a Winner—Winners Don't Use and Users Don't Win

Remember, there are many, many things you want to do—with your family and friends, at school, at home, and when you play. Drugs can make it hard or impossible for you to enjoy those good times. Drugs stop you from doing your best and being your best. The best you can be is drug-free. That's what it takes to be a winner for life!

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CRIME®

For more information contact:

McGRUFF

120 South Riverside Plaza
Chicago, Illinois 60606-3997