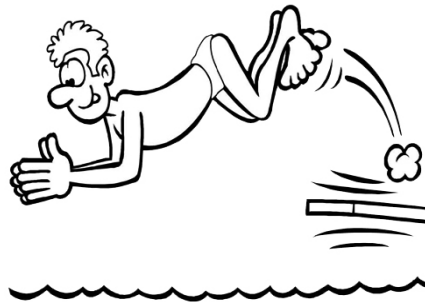
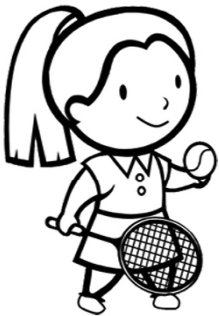


**Sports and drugs
don't mix.
Stay clean -
Say "NO" to drugs!**



*Pictures courtesy of
www.coloring.ws*

- ◆ Softball
- ◆ Gymnastics
- ◆ Swimming
- ◆ Tennis
- ◆ Cycling

- ◆ Mountain climbing
- ◆ Volleyball
- ◆ Basketball
- ◆ Hurdling































































































































Draw a line from the sport to its picture and then colour the pictures.
Write a poem or a short paragraph about your favourite sport and why it is
important to be drug-free to play well.

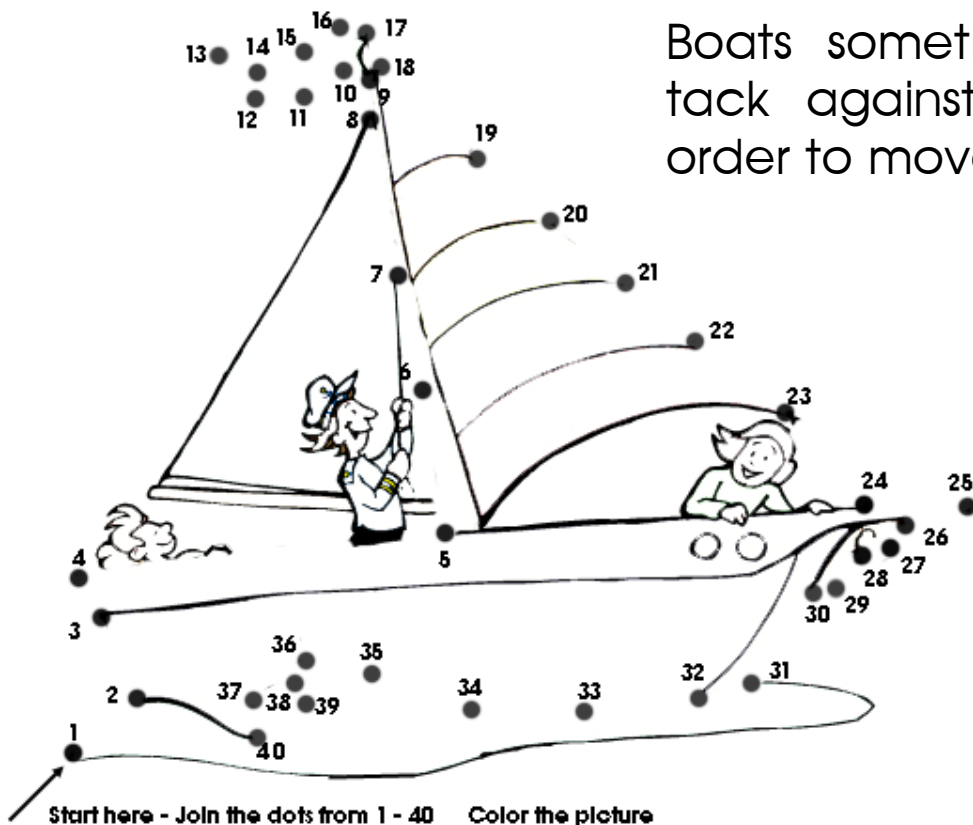
Use the Cocaine Word Find on Page 3 to work out the code in the message below.

Check the row number and then the column picture to find the right letter.

The first letter (6 ) is circled = C.



- ◆ Exercise increases the feel good          in the           the
- ◆ Exercise            the
- ◆                in the blood—you can            better.
- ◆                helps to flush
- ◆                out of the body.
- ◆                better.
- ◆ Exercise strengthens your           , including your
- ◆               .



Boats sometimes have to tack against the wind in order to move forward.

With the help of Jesus, you can move against the winds of peer pressure and win the race of life through God's power.

Cocaine Word Find



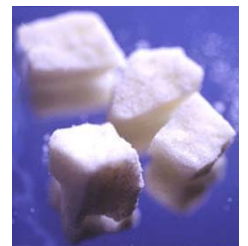
1	I	S	V	I	O	L	E	N	T	T	P	C	A	Y	D
2	G	R	E	A	R	O	C	K	S	N	O	R	T	E	D
3	A	N	R	R	W	A	N	Y	S	K	W	F	P	R	O
4	L	L	I	I	U	S	A	M	E	D	D	R	R	U	K
5	O	A	O	H	T	T	L	E	N	I	E	F	F	A	C
6	K	T	H	C	<u>C</u>	A	A	E	S	S	R	G	E	C	A
7	S	N	E	D	A	T	B	R	S	O	B	O	X	O	R
8	D	E	A	T	H	C	I	I	E	S	B	U	T	C	C
9	N	M	R	O	H	T	O	W	L	P	E	R	R	A	U
10	S	E	T	C	T	N	O	C	T	I	M	V	A	S	C
11	P	U	P	I	L	S	A	I	S	N	T	E	C	I	T
12	E	L	A	S	A	N	X	I	E	T	Y	Y	T	B	N
13	L	E	A	V	E	S	S	T	R	O	K	E	S	E	S
14	M	A	R	T	H	M	U	T	P	E	S	S	A	Y	N
15	D	E	K	O	M	S	B	L	O	O	D	R	U	G	O

Find the following **bold, underlined** words in the Word Find and colour in each square containing the letters as you go. Words may go up, down, across, diagonally, forwards or backwards. Once you have found all the words, start at the top left corner of the grid and write out all the letters in the uncoloured squares in the order they appear on the hidden message lines below!

Cocaine (sometimes called "**Coke**") is a **drug** that directly affects the **brain**. It comes from the **leaves** of the **coca** leaves grown in South America. *Coca-Cola* got its name from this drug as it was originally made from the **extracts** of coca leaves (cocaine) and **kola** nuts (**caffeine**). Now the cocaine is removed from the drink although the leaves are still used as flavoring.



As a **powder**, cocaine is **snorted** up the nose or dissolved in water and injected. **Crack** cocaine comes in a **rock** crystal that can be heated and its vapors **smoked**. The term "crack" refers to the crackling sound heard when it is heated.



It also causes many dangerous things to happen in the body while giving the user a feeling of intense pleasure or excitement. It makes the person want to use it again and again. However, it makes the blood vessels tighten, makes the **pupils** in the eye larger, increases the body **temperature**, heart rate, and **blood** pressure. This can cause the blood **vessels** to **burst** or cause **heart** attacks and **strokes**. Snorting cocaine can **rot** the **nasal septum**. Using cocaine may also lead to strange, jerky and **violent** behavior. Users may experience tremors, lose their **balance**, have **twitching** muscles and feelings of **restlessness**, **irritability**, and **anxiety**. It can lead to **depression** and loss of **mental health**. Sudden **death** can occur even with a first time use.



HIDDEN MESSAGE!
