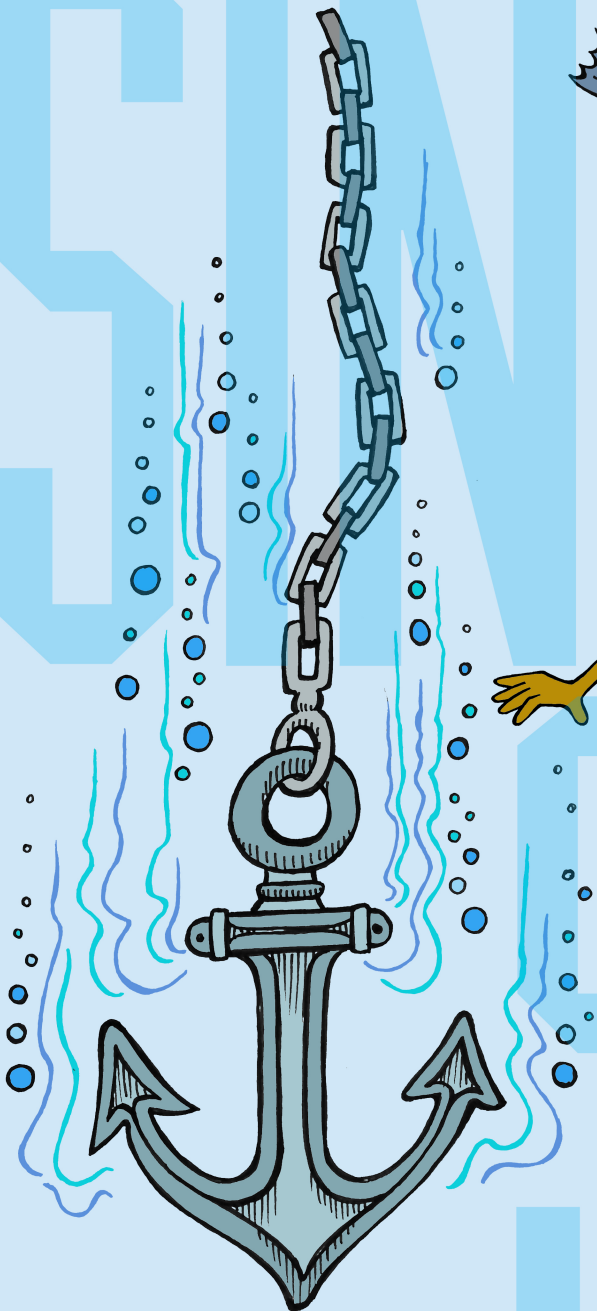
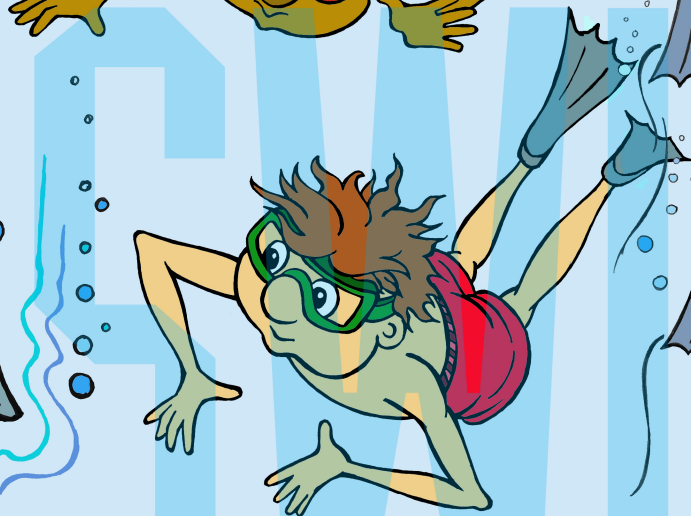
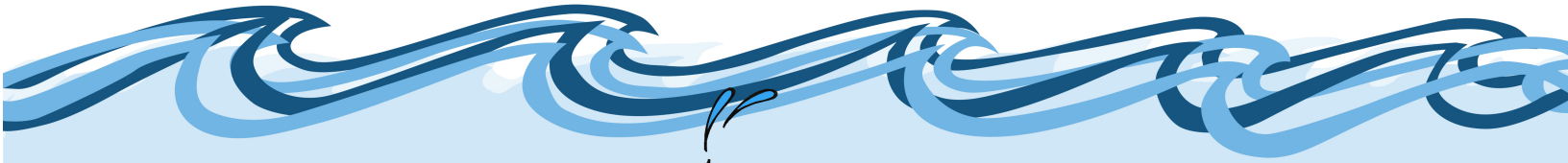


SINK OR SWIM[®]

EDUCATIONAL COLORING & ACTIVITY BOOK

GRADES 3-4



SINK OR SWIM

Dear Students,

Welcome to the Sink or Swim activity book. Inside this book you will find lots of facts, activities, and resources about drugs and alcohol. These pages will teach you important lessons about this very serious subject.

We picked the title Sink or Swim because that is the choice you have about drugs and alcohol. You can chose to say no and swim. Or you can choose to take drugs and alcohol and sink. We hope this book helps you learn about healthy choices.

If you have questions about the information in this book, please ask an adult you trust to help. It is really important to make sure you have all the facts when it comes to drugs and alcohol. And only responsible adults, like your teachers, parents, and counselors can give them to you. Sometimes your friends may tell you what they think is true, but it always better to ask an adult to be sure.

We hope you have fun with the Sink or Swim activity book, and we hope you learn lots, too! Just remember, everything is a lot more fun when you say no to drugs and alcohol!

Sincerely,

The Sink or Swim Team



Be Informed

Opioids

Opioids are drugs that affect the nervous system. This class of drugs includes powerful painkillers available by prescription and heroin which is illegal. Commonly prescribed opioids include oxycodone (Oxycontin®), hydrocodone (Vicodin®), codeine, morphine, and fentanyl. Opioids are extremely addictive and should NEVER be taken without a prescription and doctor's supervision. When misused or abused, opioids can lead to a fatal overdose, even in extremely small amounts.

Stimulants

Stimulants increase alertness, attention, and energy. The use of stimulants to treat medical conditions has decreased over the years as abuse and addiction became more widespread. Now stimulants are used to treat ADHD, narcolepsy, and sometimes depression. Common stimulants are Ritalin®, Concerta®, Adderall®, and Dexedrine®. Stimulants bypass all the body's normal energy-creating capabilities and make a person feel alert and powerful. Fatigue and hunger also go away, so users do not eat or rest. Violent and erratic behavior is often seen in chronic abusers of stimulants.

Depressants

Prescription depressants are designed to put a person to sleep, relieve anxiety, soothe muscle spasms or prevent seizures. The best-known depressants are barbiturates including Fiorina®, phenobarbital, Pentothal®, Seconal® and Nembutal®; and benzodiazepines including Valium®, Xanax®, Halcion®, Ativan®, Klonopin®, and Restoril®. Depressants work by slowing the brain's activity, and when a person stops taking them, there can be a rebound effect. This can cause seizures or other harmful consequences. Users can rapidly develop dependence on and tolerance to depressants. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment. Withdrawals from depressants can be life threatening.

Hallucinogens

Hallucinogens drugs are known for altering moods, sensory awareness, and perception. Hallucinogens include natural and man-made substances including LSD, Ecstasy, K2 or spice, and mushrooms. Just because a substance can be grown naturally does not mean it is healthy to ingest. Both natural and synthetic substances can cause a dangerous increase in heart rate, panic, and psychosis.

Being bullied hurts.



Being bullied hurts. It can hurt your feelings and, at times, can even lead to someone hurting you physically. If you are being bullied, there are two things to remember:

1. You are not alone. There are lots of people who can help you stop the bullying and feel better.
2. No matter what the bully says, it's not your fault. There is nothing about you that makes it okay for someone to say hateful things or hurt you.

So what should you do if you or someone you know is being bullied?

Put an "X" next to all the right ways to handle bullying:

- Ignore it and hope the bullying will "go away"
- Talk to an adult you trust
- Say mean things back
- Calmly ask the person to stop saying or doing mean things
- Get into a fight with the bully
- Be afraid to tell someone
- Walk away from the bullying
- Post mean things online, like Facebook or Snapchat