

Health and Safety **ACTIVITY BOOK**



Virginia Alcoholic Beverage
Control Authority
**Community Health & Engagement
Publication Series**

Dear Trusted Adult,

We are glad you picked up this booklet! The Virginia Alcoholic Beverage Control Authority (Virginia ABC) Community Health and Engagement publishes materials for people of all ages. This activity booklet has fun, age-appropriate activities for elementary school students.

Did you know it is never too early to help children form healthy attitudes about alcohol? Pre-school children learn to take care of their bodies with good hand washing habits and healthy eating. It is also important for their health and safety to learn about the dangers of alcohol, drugs, chemicals and other substances.

Please explore this book with your child and talk about the messages. Also remember that your actions and behaviors are probably even more important than what you tell your children about alcohol. Kids are constantly observing what is happening around them and they learn from, and mimic, what they see.

We hope you find this information helpful. Please look in the back of this booklet for our contact information and additional resources.

Kind regards,

Virginia ABC Community Health and Engagement Staff

Color these pictures and circle the trusted adults.



Your mother



Your father

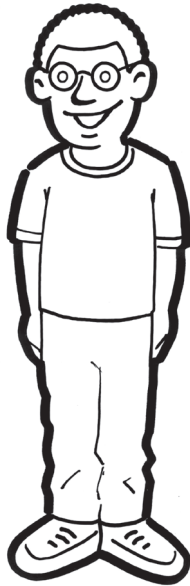


A teacher



A police officer

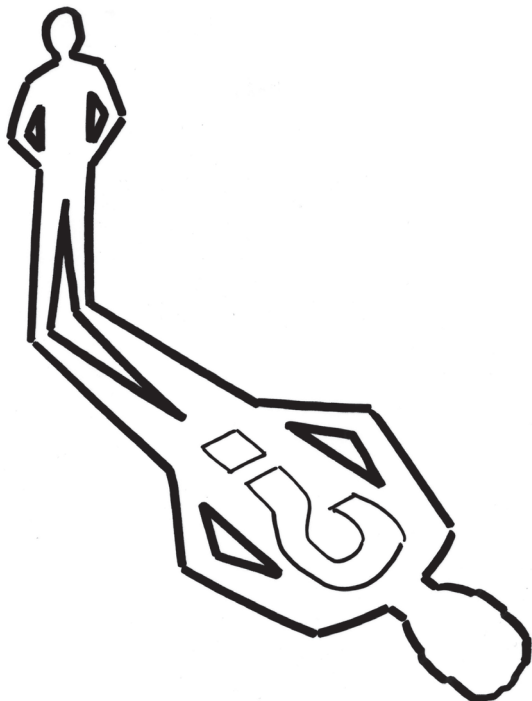
Color these pictures and circle the trusted adults.



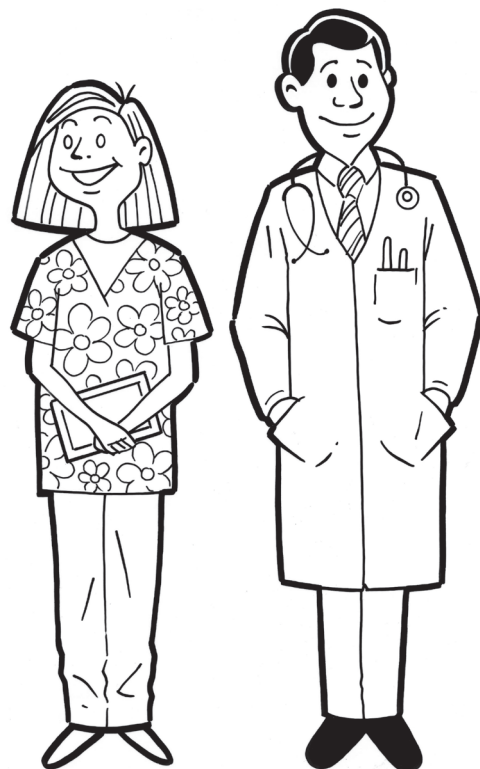
Your friend



Your grandparents



A stranger



Your doctor or nurse

It's important to know what is **SAFE** and **HEALTHY** for your growing body.



- Alcohol is in drinks such as beer, wine and liquor.
- Alcohol is a drug and is never safe for people who are not at least 21-years-old.
- Alcohol is also against the law for someone younger than 21!
- You should never touch, take or taste alcohol.

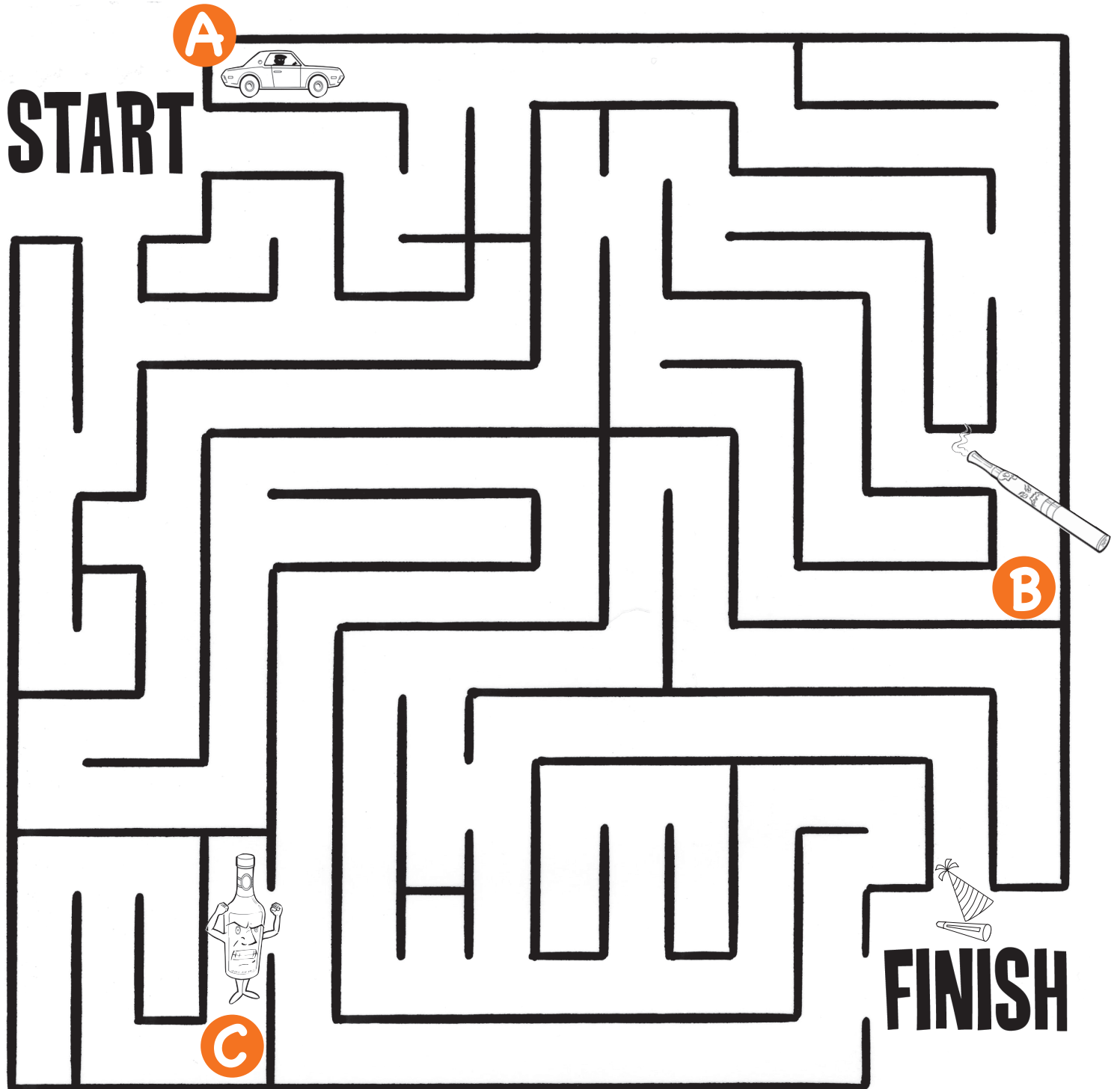


- Other things that are not safe for children are cigarettes, anything in a pipe, bleach, gasoline, lighters and matches.
- It's very important to only take medicines from an adult you know and trust.

CAN YOU MAKE IT SAFELY THROUGH THIS MAZE?

Let's find out!

- A** A stranger offers you a ride.
- B** Your friend offers you something to smoke.
- C** Someone dares you to drink alcohol.



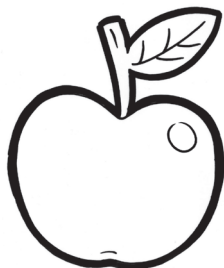
Congratulations! Because you made **POSITIVE CHOICES**, you made it safely through the maze. You stayed safe by saying no to alcohol, drugs and other dangers. Life is fun and you can be anything when you make **HEALTHY CHOICES!**



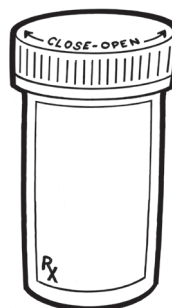
- 1 Color the pictures.
- 2 Draw a **green circle** around items that are good for you.
- 3 Draw a **red X** on items that are bad for you
(Remember, only take medicine from a trusted adult).



Medicine from a stranger



Apple



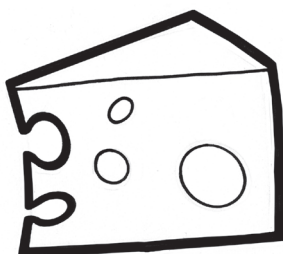
Medicine from a trusted adult



Cigarette



Dairy



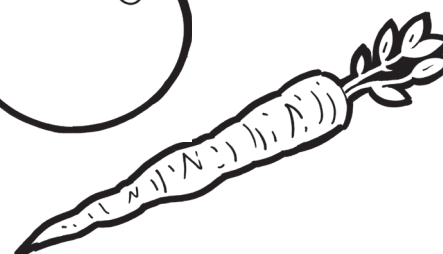
Cheese



Alcohol



Vegetables





Draw a **happy face** next to the **good activities**.



Draw a **sad face** next to the **bad activities**.

	Playing with matches	
	Smoking cigarettes	
	Wearing your helmet while riding your bike	
	Helping around the house	
	Drinking alcohol	
	Washing your hands	
	Brushing your teeth	
	Doing your homework	
	Helping someone	

Your friend offers you alcohol or drugs.

Be ready with ways to say "no"

Practice in the speech bubbles below

No, I will not take these cigarettes because they are bad for my lungs.

An adult told me that alcohol is dangerous and I want to stay healthy!

I do not want that alcohol and you shouldn't either.

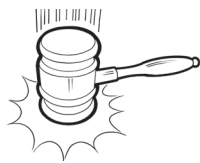
When you say "NO" to alcohol and drugs you can be anything!

Fill in the answers with the names of jobs you might have when you get older.

1 2 3 4 5 6 7 8 9

Draw a picture of yourself when you are older and have a career.

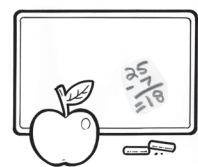
1.



4.



7.



2.



5.



8.



3.



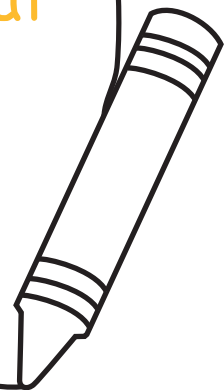
6.



9.



As you get older you will see that younger friends, students and family members will look up to you and sometimes copy what you do. You should always make good, smart and healthy choices for **yourself**. As you grow older you have the added responsibility to set a good example for others to follow. Take some time and think about that responsibility. What traits do you admire in other people and how would you want others to describe you?



DOODLE ROOM!

DIRECTIONS: Unscramble the words below.

Hint: each of the words is a good quality or characteristic.

VOIETISP

○ O □ □ □ □ V □

You have a good attitude.

EUBLHM

□ □ M □ □ ○

You don't need to be the center of attention.

AHEHYTL

□ ○ □ □ □ □ Y

You take good care of your body.

IRDLEYNF

□ ○ R □ □ □ □ L □

You're caring to others.

LCMA

□ □ ○ □

You keep your temper under control.

THESON

□ □ N ○ □ □

You tell the truth.

FSAE

□ ○ □ □

You listen to trusted adults and stay away from danger.

PONE

□ □ □ □

IDNDEM

— M □ □ ○ ○ □

You listen well and take others into consideration.

EFEPUCTLSR

○ E □ □ □ □ F □ □

You follow rules and treat others the way you want to be treated.

DIRECTIONS: Put the circled letters, in order below

○ ○ ○ ○ R ○ ○ ○ ○ ○ ○ ○

Is this you? Your friends, classmates and others your age look up to you because you strive to always be the best you can be!

It takes a leader to walk away from the rest of the group when they are doing something dangerous. You will be glad you did!

Do the right thing!

If you make a mess, clean it up.

If you hurt someone, apologize.

Play fair.

Be friendly.

Never put down or name-call.

Be

yourself

Our Pledge

Parent/Student Contract

Student:

1. I agree to stay away from things that are not safe for me including cigarettes, alcohol, drugs and chemicals.

Can you think of other things? Add them here:

2. If someone tries to get me to do something I know is wrong, or makes me nervous, I'll tell an adult I can trust.

What can you do if someone wants you to do things that will get you in trouble?

3. I will be a good friend and respectful student. I'll be a good listener, show that I care and work hard—even in subjects that I find challenging!

Parent:

1. I will be available to listen and talk—whether it's about alcohol and drugs or other things going on in my child's life.
2. I will make sure my child knows to come to me during a difficult time or when something has gone wrong.
3. I will be a good role model and make choices for myself that are healthy and safe.
4. I'll stay involved and try to make sure we have either family meals together or other activities to help us stay connected.



















Student Signature

Date

Parent Signature

Date

Happy faces are next to good activities and sad faces are next to bad activities.

	Playing with matches	
	Smoking cigarettes	
	Wearing your helmet while riding your bike	
	Helping around the house	
	Drinking alcohol	
	Washing your hands	
	Brushing your teeth	
	Doing your homework	
	Helping someone	

Crossword Puzzle Answers

1. Judge
2. Doctor
3. Pilot
4. Musician
5. Scientist
6. Artist
7. Teacher
8. Nurse
9. Chef

Word Scramble Answers:

You have a good attitude.	POSITIVE
You don't need to be the center of attention.	HUMBLE
You take good care of your body.	HEALTHY
You're caring to others.	FRIENDLY
You keep your temper under control.	CALM
You tell the truth.	HONEST
You listen to trusted adults and stay away from danger.	SAFE
You listen well and take others into consideration.	OPEN-MINDED
You follow rules and treat others the way you want to be treated.	RESPECTFUL
Your friends, classmates and others your age look up to you because you strive to always be the best you can be! You are a ...	PEER LEADER !

COMMUNITY HEALTH & ENGAGEMENT SERVICES

ALCOHOL EDUCATION AND PREVENTION



Provides prevention programming, trainings and resources in order to eliminate underage and high risk drinking by building capacity for communities to educate individual and prevent alcohol misuse.



YOUTH

Monitors and works to decrease underage drinking in Virginia by planning, developing, implementing, and evaluating statewide alcohol education and prevention programming for youth under 18 years of age involving schools and parents.



ADULT

Monitors and works to decrease underage and high-risk drinking in Virginia by planning, developing, implementing, and evaluating statewide alcohol education and prevention programming for adults aged 18 years and older including Virginia's institutes of higher education.



LICENSEE

Monitors and works to increase licensee understanding of alcohol safety and responsibility and increase licensee compliance rates by planning, developing, implementing, and evaluating statewide alcohol education and prevention programming for licensees.



COMMUNITY ENGAGEMENT

Works to strengthen communication and engagement with the communities we work in by providing a variety of accessible and meaningful ways for employees to engage in their communities and ways for communities to engage with Virginia ABC.

HEALTH COMMUNICATION AND MARKETING



Furtheres the work of the division and the authority's public health communication by ensuring the proper marketing of Virginia ABC's Community Health & Engagement division and public health and safety programming and we strive to ensure quality resources that are in keeping with health communication best practices are available for internal and external partners to help build their capacity to conduct alcohol education and prevention work.

PUBLIC HEALTH DATA, RESEARCH AND EVALUATION



Increases the quality of the authority's public health and safety work by monitoring alcohol research and trends, measuring the need for new and revised public health and safety programming and ensuring that programming is responsive to current data and science conversations about the dangers and consequences of underage drinking.

IN FY23 WITH THE HELP OF INTERNAL AND EXTERNAL PARTNERS, COMMUNITY HEALTH & ENGAGEMENT...



Worked with **100%** of Virginia's institutes of high learning.



Labeled **8,804** products with responsibility messaging at off-premise licensed locations.



Awarded **10** grants to organizations across Virginia.



Distributed **53,289** educational publications.



Reached **21,400** elementary, middle & high school students.



Trained **18,900** people who sell/serve alcohol in Virginia.



**Virginia Alcoholic Beverage
Control Authority**

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