

Health and Safety **ACTIVITY BOOK**



Virginia Alcoholic Beverage
Control Authority
**Education and Prevention
Publication Series**

Dear Trusted Adult,

We are glad you picked up this booklet! The Virginia Alcoholic Beverage Control Authority (Virginia ABC) Education and Prevention Section 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 Education and Prevention Staff

Color these pictures and circle the trusted adults.



Your mother



Your father

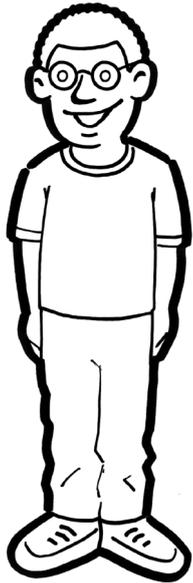


A teacher

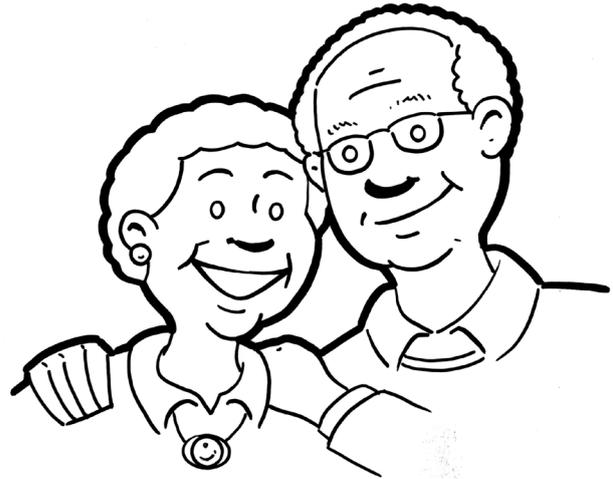


A police officer

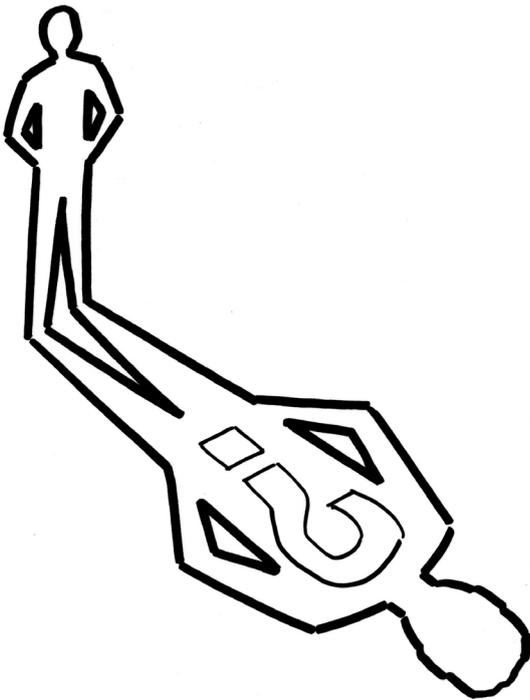
Color these pictures and circle the trusted adults.



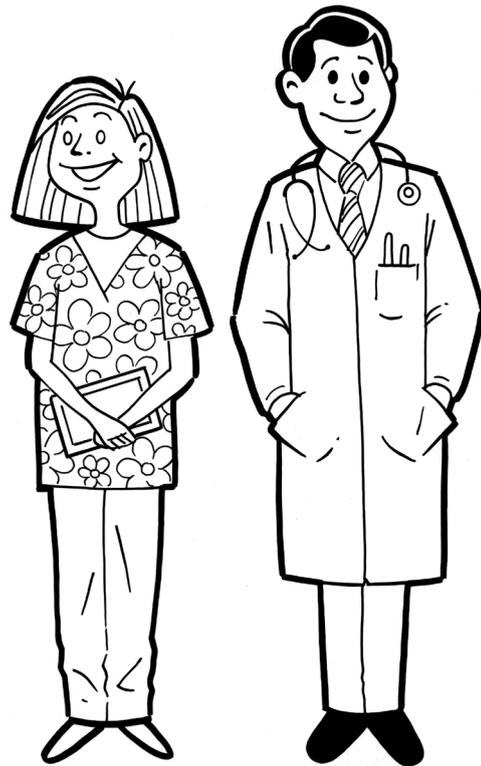
Your friend



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.

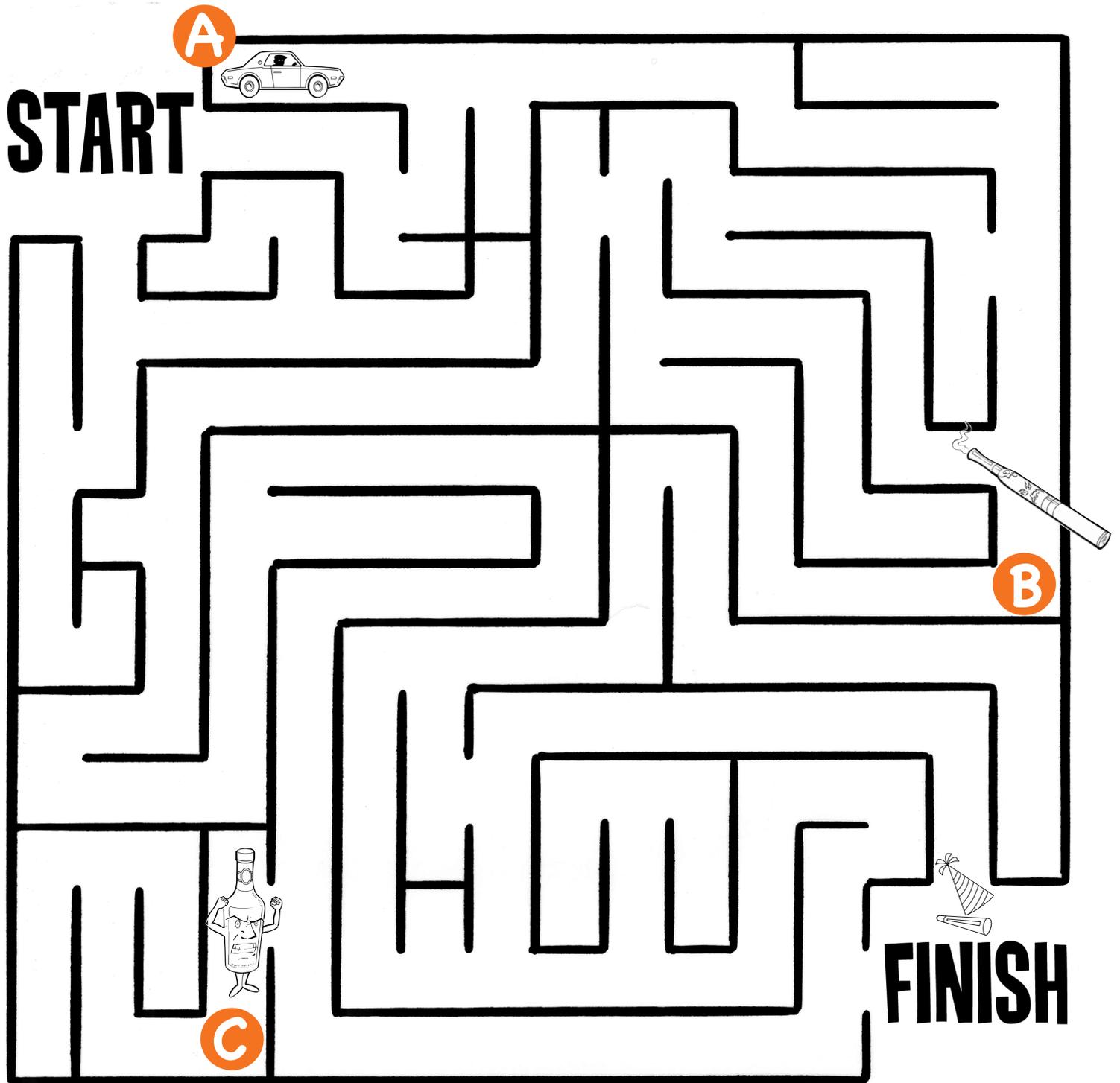


- Other things that are not safe for children are cigarettes, anything in a pipe, bleach, gasoline, lighters and matches.
- It's very important to only take medicines from an adult you know and trust.

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.



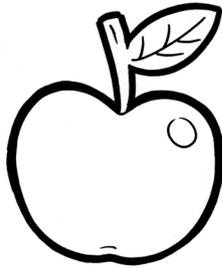
Congratulations! Because you made **POSITIVE CHOICES**, you made it safely through the maze. You stayed safe by saying no to alcohol, drugs and other dangers. Life is fun and you can be anything when you make **HEALTHY CHOICES!**



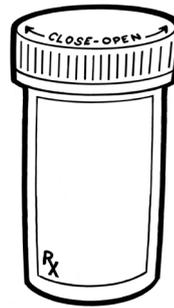
- 1 Color the pictures.
- 2 Draw a **green circle** around items that are good for you.
- 3 Draw a **red X** on items that are bad for you
(Remember, only take medicine from a trusted adult).



Medicine from a stranger



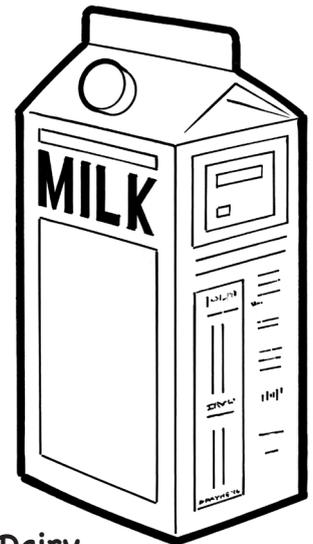
Apple



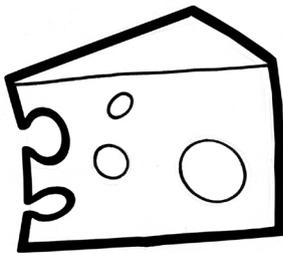
Medicine from a trusted adult



Cigarette



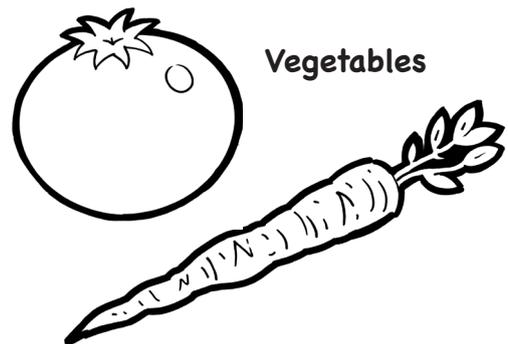
Dairy



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.

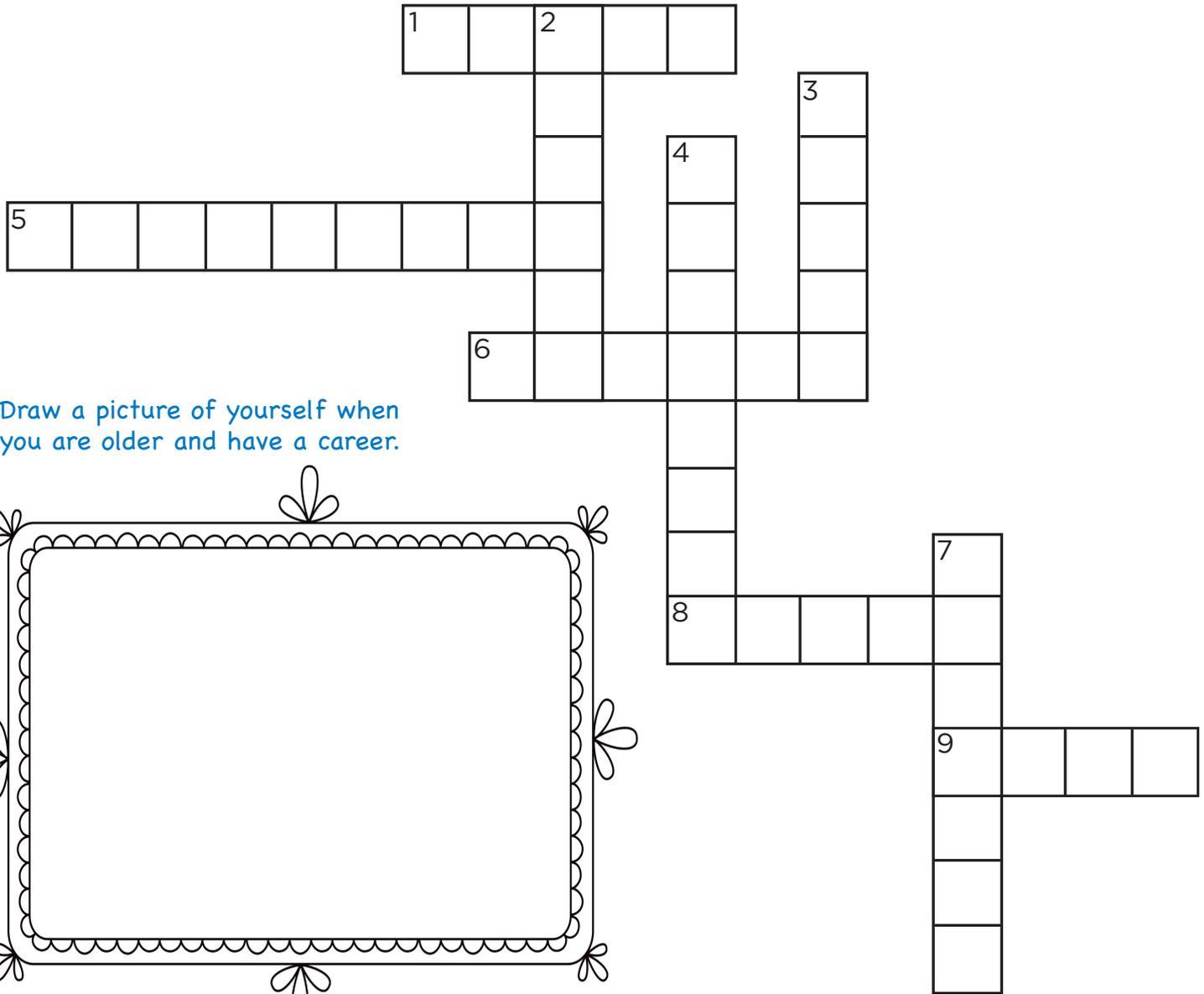
No, I will not take these cigarettes because they are bad for my lungs.

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

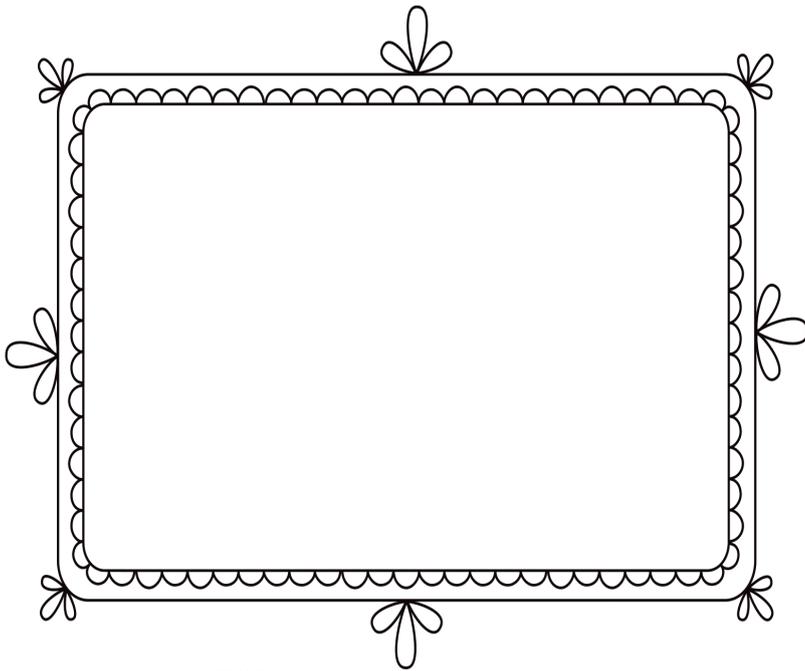
I do not want that alcohol and you shouldn't either.

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.



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



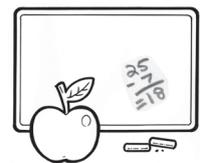
1.



4.



7.



2.



5.



8.



3.



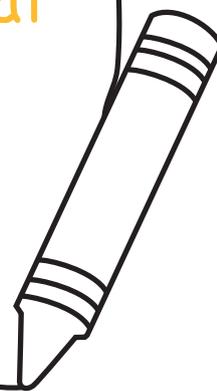
6.



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 ! |



EDUCATION AND PREVENTION SECTION

804-977-7440

education@abc.virginia.gov

www.abc.virginia.gov

VirginiaABCEducationAndPrevention

MISSION:

TO ELIMINATE UNDERAGE AND HIGH-RISK DRINKING BY BUILDING THE CAPACITY FOR COMMUNITIES TO EDUCATE INDIVIDUALS AND PREVENT ALCOHOL MISUSE

IN LINE WITH OUR MISSION, VIRGINIA ABC EDUCATION AND PREVENTION SECTION OFFERS PROGRAMMING AND RESOURCES THROUGH THE LIFESPAN

YOUTH PROGRAMS



MISS VIRGINIA SCHOOL TOUR

In partnership with Virginia ABC, Miss Virginia travels across the Commonwealth to elementary schools spreading a message of health, wellness and prevention with students and teachers.



BEING OUTSTANDING LEADERS TOGETHER (BOLT) AGAINST DRUGS AND ALCOHOL

BOLT provides middle schools with training and resources to teach students the effects of drugs and alcohol on the body, brain, academics and relationships through alcohol and drug prevention education, leadership skill building and strengthening of refusal skills.



YOUTH ALCOHOL AND DRUG ABUSE PREVENTION PROJECT (YADAPP)

YADAPP is a leadership program for high school students to address underage substance use through implementation of strategic plans empowering them to keep their schools alcohol and drug free.



POWER OF PARENTS

In partnership with Mothers Against Drunk Driving, Power of Parents is designed to empower parents of middle and high school students through resources and training to have ongoing, intentional conversations about the dangers and consequences of underage drinking.



VIRGINIA OFFICE FOR SUBSTANCE ABUSE PREVENTION (VOSAP)

An organization that promotes collaboration among state and local agencies, organizations, coalitions and faith communities that address substance abuse prevention.

ADULT PROGRAMS



HIGHER EDUCATION ALCOHOL AND DRUG STRATEGIC UNIFIED PREVENTION (HEADS UP)

Strengthening and supporting the mission of healthy and safe campus-communities through strategic initiatives, resources and capacity building.



PROJECT STICKER SHOCK

Supplies are provided to community groups in an effort to decrease social providing. The project includes stickers being placed on alcohol packaging reminding buyers to not provide to minors and is done in conjunction with a press event to help raise awareness.



VIRGINIA HIGHER EDUCATION SUBSTANCE USE ADVISORY COMMITTEE (VHESUAC)

VHESUAC is led by an Executive Council and Workgroup that develop and update a statewide strategic plan for substance use education, prevention and intervention at Virginia's institutions of higher education.

LICENSEE TRAINING PROGRAMS



RESPONSIBLE SELLERS & SERVERS: VIRGINIA'S PROGRAM (RSVP)



MANAGERS' ALCOHOL RESPONSIBILITY TRAINING (MART)

Trainings are held regionally in classroom settings and online conducted by Virginia ABC Special Agents to help managers and owners of licensed establishments become more responsible to better understand Virginia laws, rules and regulations.



SELLER/SERVER TRAINING APPROVAL PROGRAM (STAP)

A program that approves alcohol server responsibility courses provided through external providers to licensees in Virginia.

CAPACITY BUILDING RESOURCES



EDUCATION AND PREVENTION RESOURCES

Publications, toolkits, public service announcements and online trainings are available to the general public at no cost.



GRANT PROGRAM

Alcohol education and prevention grants assist community partners to develop and enhance initiatives related to alcohol education and prevention. Grant cycle is July through June with applications due in the spring.



Virginia Alcoholic Beverage
Control Authority

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