

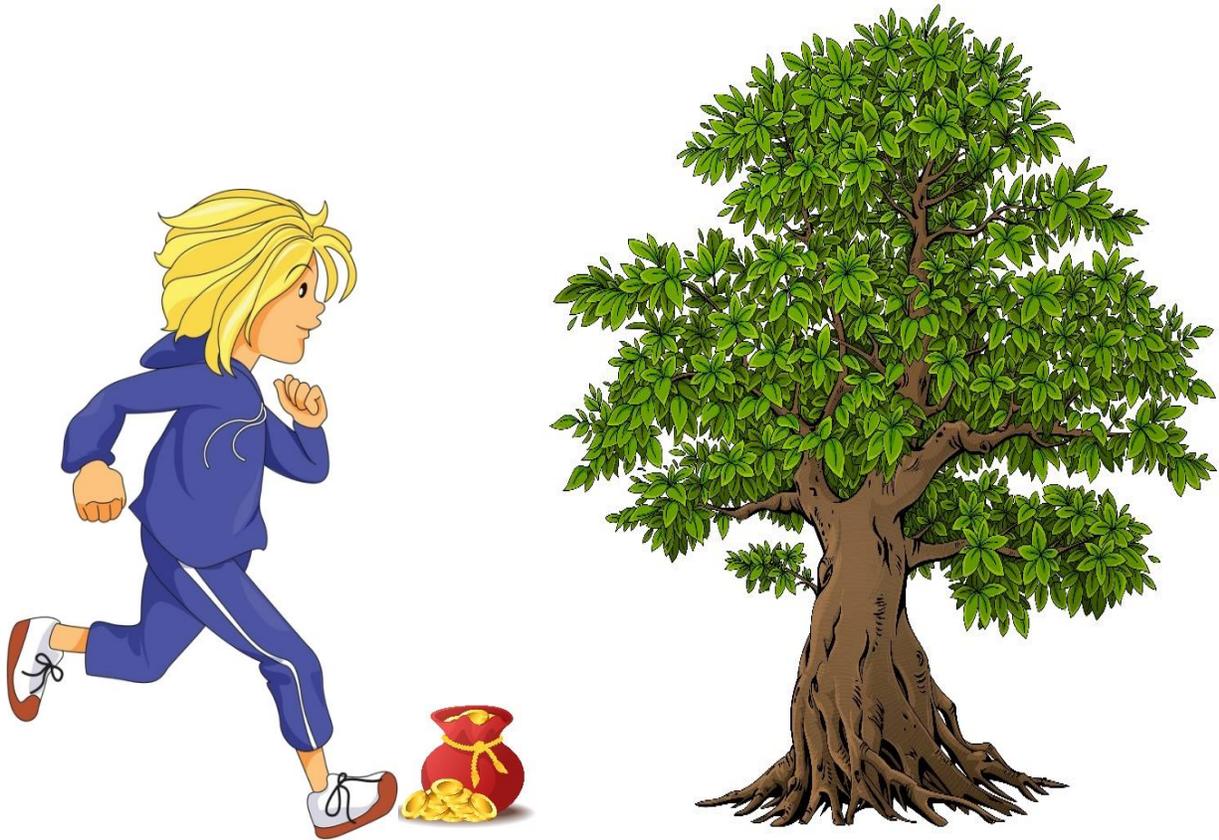
Say No to Drugs



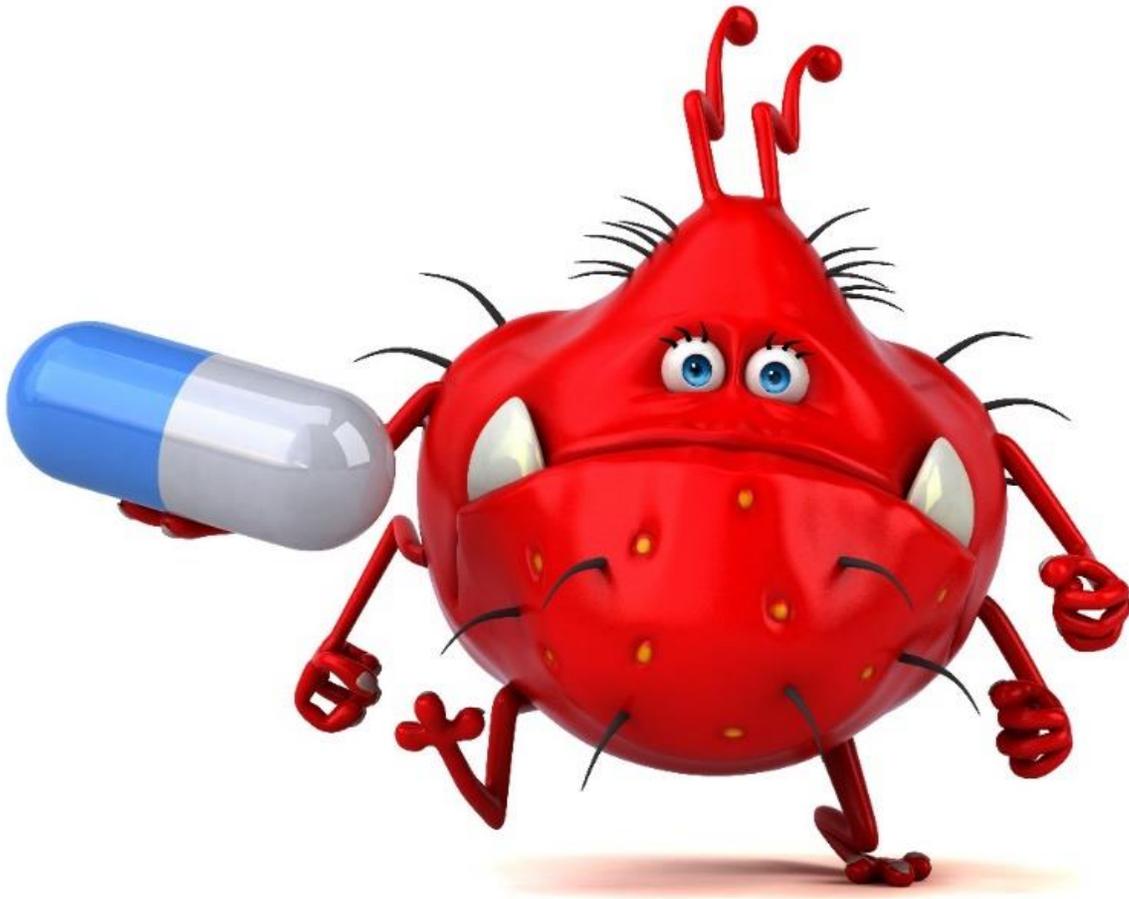
By Jill Nyland

Dedicated to my daughter Amy Nyland





One day Jill is running in the woods. She finds a quarter that looks shiny and good.



Out jumps a monster, Prickly and red,
high up on the hill. The monster says,
"Hey, little girl, give me your quarters,
and I will give you this pill."



Suddenly a woman in a cape appears, and she says, "No little girl he is hating." Pills that do not belong to you can make you too ill. Please do not take that dangerous pill. They can make you dizzy, take your breath, or even stop your heart. Not to take that pill would make you very smart.

Jill begins to run away and says, ' " That's a monster, I can see. Those pills are not for me.





Jill runs until she gets closer to home. She catches her breath and looks for a safe place to tell a police officer, a store clerk, or a trusted adult, but she finds no one near her home.



Jill continues running at a slow pace. Then she is stopped by another monster that is smoking something. The monster states, "hey little girl take a puff of this."



Out step's Jill's neighbor Trevor firm, and healthy. No, says Trevor, he is so wrong. Smoking will ruin your mind! It would be best if you did not smoke it to keep your mind active and healthy.



Jill is not having a perfect day. Two times she was scared and had to run away. She knows she must tell a trusted friend, so her fear will end. Trevor is friendly, but he is not strong enough to save her from the monster.



Before Jill walks in the door to tell her parents everything that happened that day, she sees a strange man sitting on the bench outside her house. He is staring at a salty white-fluffy-looking powder with a straw up his nose. Jill is scared.

Jill runs into the house, scared and shaking, with tears in her running down her face. Jill tells her mom about all the things that scared her while walking in the woods.



Jill's mom hugs Jill and tells her that she has seen many scary things in the woods today, and no one should ever have to see such scary things while being outside to play.

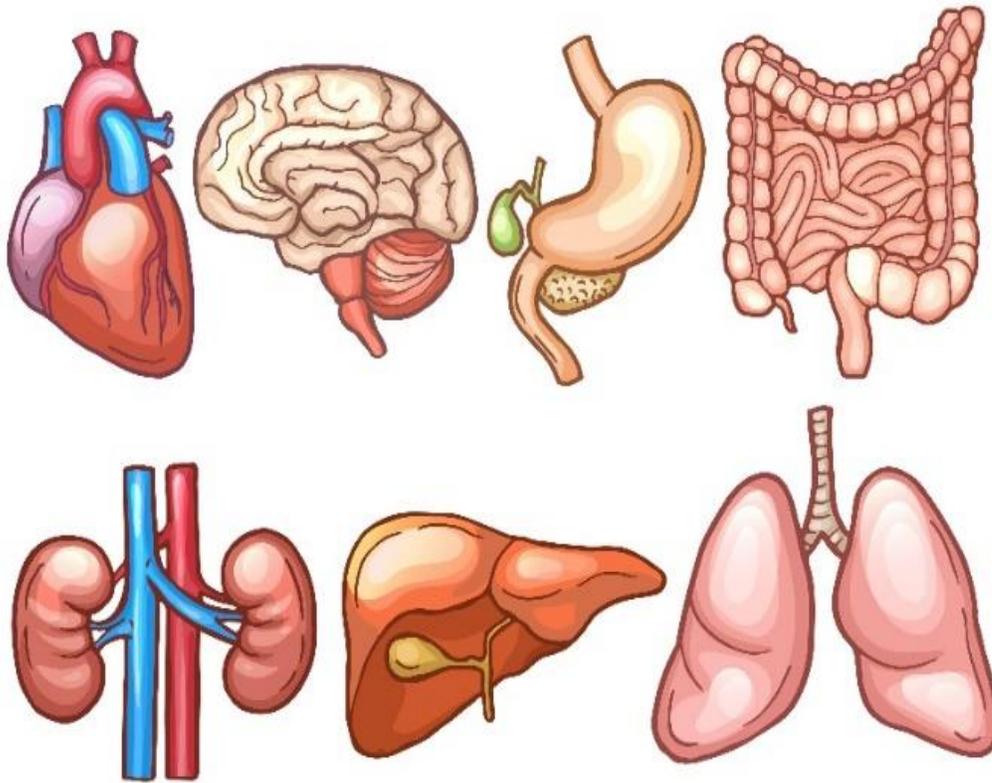




Jill's mother then explains to Jill that "pills of any kind that are not from me, your dad or the doctor should never be taken, tasted or swallowed."

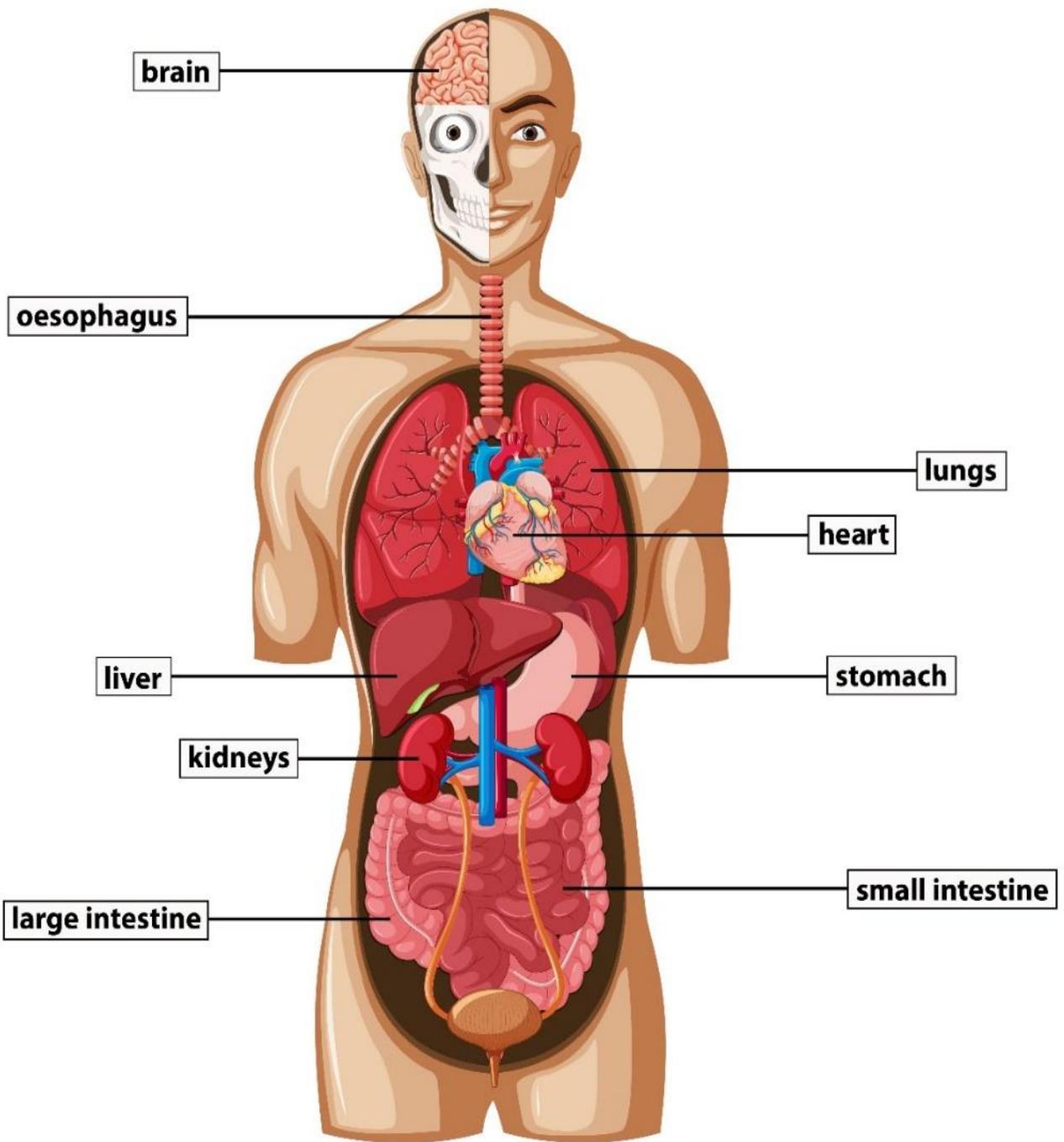


Pills that do not belong to you could kill you, make you sick, or damage your inside body parts.



"Pills that are taken that do not belong to you can damage the body parts that you need to live. They can damage your heart, brain, stomach, intestines, kidneys liver and lungs."

ANATOMY OF THE HUMAN BODY



Jill's mom and dad then explained that some drugs look like ice. It can make you too sick even kill you if you eat it. If you see anything like this and someone tries to get you to take some, go to a safe place. Find a trusted friend and tell them as soon as you can.



Jill's mom and dad then explain that you should never take any candy from anyone without permission. Some candy out in the world looks like candy but may have drugs in them.

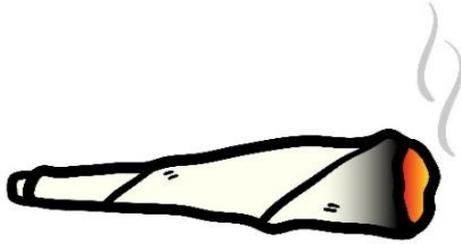




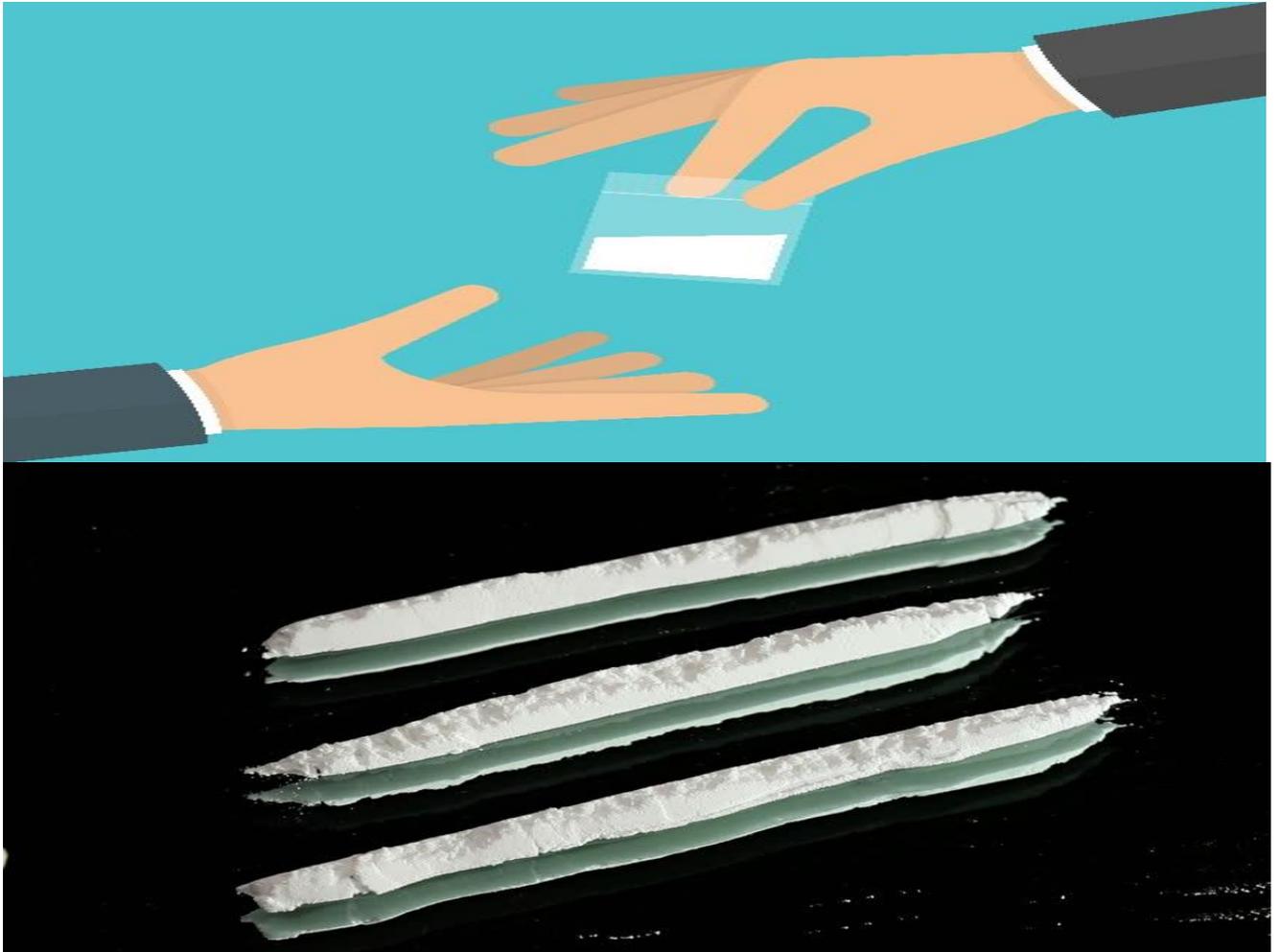
Jill's mom and dad continue to be worried and explain to Jill that smoking is bad for you. People who smoke can become sick.



When people smoke cigarettes, the smoke goes into their lungs, making them have trouble breathing. They have a bigger chance of getting a disease called cancer.



"Sometimes, people smoke a funny-looking cigarette. Smoking this kind of cigarette can kill your brain cells. It can also damage your lungs and cause you to have a bigger chance of cancer."



All these things are terrifying. These drugs can kill you or anyone taking them. Do not touch it! If you see any of these drugs. Get to a safe place and tell a trusted friend, parent, police officer, or another adult. Tell someone as soon as you can.



Children's Voice Inc.

No to drugs

