



# WHAT IS AN ADDICT?

Use the code to unlock the answer on the door. Then find the

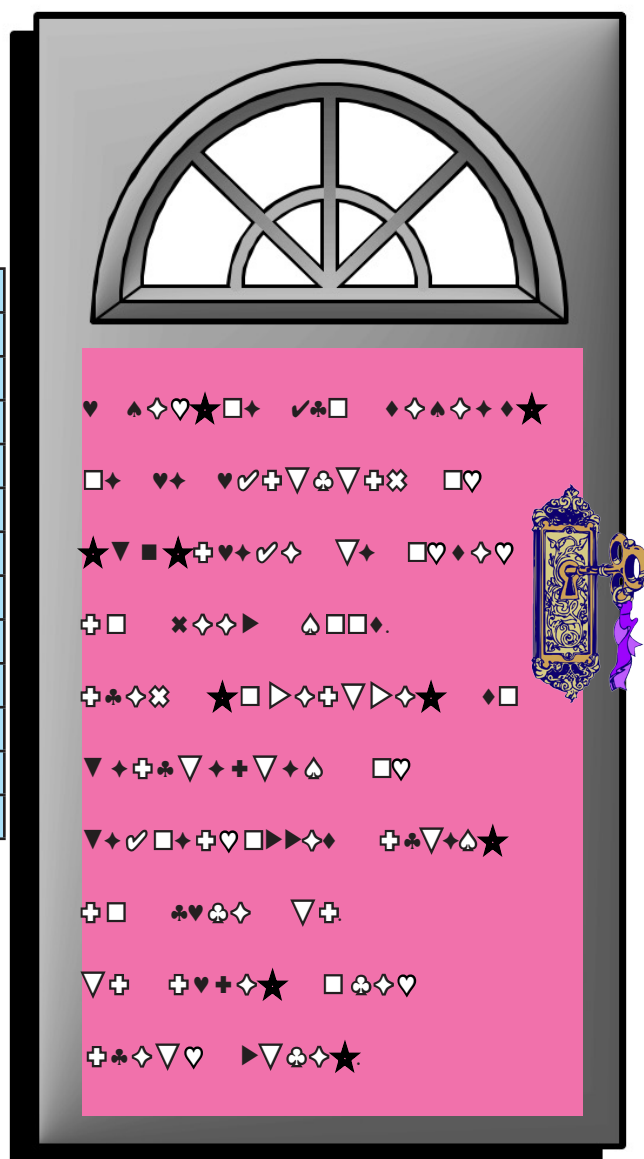
♥	■	☑	♦	✧	✖	♠	♣	▽	+	▶
A	B	C	D	E	F	G	H	I	K	L
▶	♦	□	♠	♥	★	+	▽	♣	✓	✖
M	N	O	P	R	S	T	U	V	W	Y

underlined  
words below  
in the word  
find.

Y	S	T	N	U	O	M	A	E	M	I	T	S	F	S	E	P	S
A	E	O	E	F	F	O	R	T	S	O	N	A	E	U	G	V	I
W	C	W	Q	H	Y	N	E	E	D	O	R	M	E	B	N	G	M
E	N	A	D	A	P	T	A	T	I	O	N	E	L	S	I	N	I
T	E	G	D	L	S	O	I	T	H	D	N	A	I	T	D	I	L
A	U	W	O	D	T	U	C	V	E	I	W	D	N	A	N	V	A
G	Q	T	I	H	I	N	O	P	I	A	N	I	G	N	E	A	R
L	E	L	E	T	U	C	R	I	R	T	A	K	S	C	P	R	T
L	S	R	A	F	H	E	T	D	X	T	C	K	I	E	S	C	H
E	N	B	E	R	S	O	H	I	B	N	V	A	Q	N	Z	Q	I
W	O	F	R	S	G	T	U	O	O	M	A	M	T	W	G	B	N
B	C	N	E	L	I	E	N	T	G	N	I	E	G	N	I	B	G
X	N	D	D	W	I	N	C	R	E	A	S	E	F	F	E	C	T

**How addiction shows:**

1. **Bingeing** - Taking in large amounts of a substance or spending a lot of time in the activity.
2. **Withdrawal** - The person becomes anxious or depressed and is not able to function well without it.
3. **Craving** - They increase their efforts to obtain it, without thinking of the consequences.
4. **Adaptation** - They need more of it to get the same effect or they change to a similar thing to give them the same feelings.  
It becomes a gateway to other addictions.



Published by WCTU Australia Ltd.

**ABN: 88 840 697 352**

**Issue:**

May - July 2017

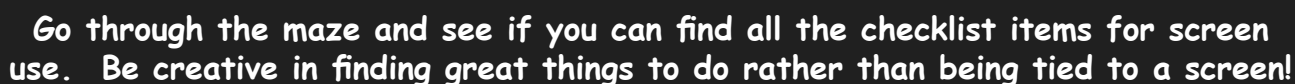


**Email:**

webmaster@dfk.com.au

**Website:**

<http://www.dfk.com.au>



Cut out the Home Checklist on the right and laminate. Glue a magnetic strip on the back and place on the fridge to remind you not to become a screen addict! Remember that devices should mainly be used as a tool, not a toy!

Page 2 *profile\_iemmi: profile\_goodluz: profile\_tigatela:*  
*profile\_iimages: profile\_yusakp: profile\_shadowstudio*

- Dressed for the day?
- Combed my hair and brushed my teeth?
- Had breakfast & cleared my dishes away?
- Made my bed and tidied my room?
- Done a chore and Mum/Dad checked it?
- Read a book for 20 minutes?
- Finished any catch up homework?
- Built, drawn or done something else creative for 40 minutes?
- Played outside or actively for 60 minutes?





When we eat products which include refined sugars, it acts like a drug in our body and in our brain. Sugar also uses up Vitamin B. We get cranky when our Vitamin B is low. White sugar also prevents our white blood cells from fighting germs. A 1973 clinical study at Loma Linda University found the following results:



Teaspoons of sugar eaten		Germs killed by one white blood cell
0	-	14.0
6	-	10.0
12	-	5.5
18	-	2.0
24	-	1.0
30	-	0.0



Check online to find out how many teaspoons of sugar in the foods with a ?  
[http://www.dfk.com.au/web\\_pages/fun\\_pages.html](http://www.dfk.com.au/web_pages/fun_pages.html)



Colour the picture by the numbers shown to discover the best sweet things to eat. These have natural sugars that come packaged with vitamins, minerals and fibre to keep us healthy and our body in balance.

Use the Braille Code and find out what the message below says. Write down what it says in the squares underneath.

*Sent in by Ariaah Slack*

⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

### RIDDLE CORNER:

Match the riddles to their correct answer by writing its number in the box.

*Sent in by Rhy Hoschke*

How do you start a teddy bear race?	1	A rocket.
What do polar bears eat for lunch?	2	Because they can't afford new ones.
What do you do with a blue elephant?	3	Ice burgers.
What only works when it is fired?	4	Ready..teddy..go!
Why are there old dinosaur bones in the museum?	5	You try and cheer it up.



**HAPPY 13TH BIRTHDAY!**

You can now join Drug-free Youth.

[www.drug-freeyouth.org](http://www.drug-freeyouth.org)

I'm Worth It - Teens Facebook group

We wish you God's blessing, happiness, success and courage to stay drug-free. Remember to make good choices and keep your promises.

Other club members who celebrate a birthday between

May - July are listed on our webpage:

[http://www.dfk.com.au/web\\_pages/birthdays.html](http://www.dfk.com.au/web_pages/birthdays.html)

Email: [webmaster@dfk.com.au](mailto:webmaster@dfk.com.au)

Welcome to the DFK Club!

We had a number of names added to DFK club from state updates:



Sophie Crago, Georgia, Dawn & George Deepu, Jenae Johansson, Zephany Jones, Blessings Kalonga, David Osorio Saca, Andreas Mubi, Joanna Paul, Seth & Blake Shaw, Megan Smith and Erin & Jacob Sullivan. Ariaah (80 points) & Ella-Mae Slack (54 points) and Daniel (12 points) & Darryl Tafirenyika (20 points) sent in their DFK Fun Pages and earned points.

Go to our website to see Ariaah and Ella-Mae's work on why they choose not to take drugs.

[http://www.dfk.com.au/web\\_pages/bits\\_pieces.html](http://www.dfk.com.au/web_pages/bits_pieces.html)

There are still 19 points for someone who sent work from Tasmania. Please let me know if you sent any work in to me in December and haven't had the points awarded.

Remember to always include your name on the work you send in. When you choose to join the club, always get your parent or guardian's permission as your names appear on our website and in this Fun Page.

## JOIN THE CLUB - SIGN THE PROMISE!

**I CHOOSE not to drink alcohol, smoke, use or experiment with any other drug not prescribed by my doctor.**

To join the Drug Free Kids club (children aged 6 - 12), sign the promise and email your details (right) to:

[webmaster@dfk.com.au](mailto:webmaster@dfk.com.au)

or post this cut out section to

**Drug Free Kids, PO Box 4044, WOODRISING. NSW 2284**

*Ask your parents or guardian for permission first.*

**Full name of person who asked you to join DFK Club:**

Signed:..... Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

First Name: .....

Surname: .....

I live at: .....

State: ..... Postcode: .....

I was born on: Day \_\_\_\_/ Month \_\_\_\_/ Year \_\_\_\_