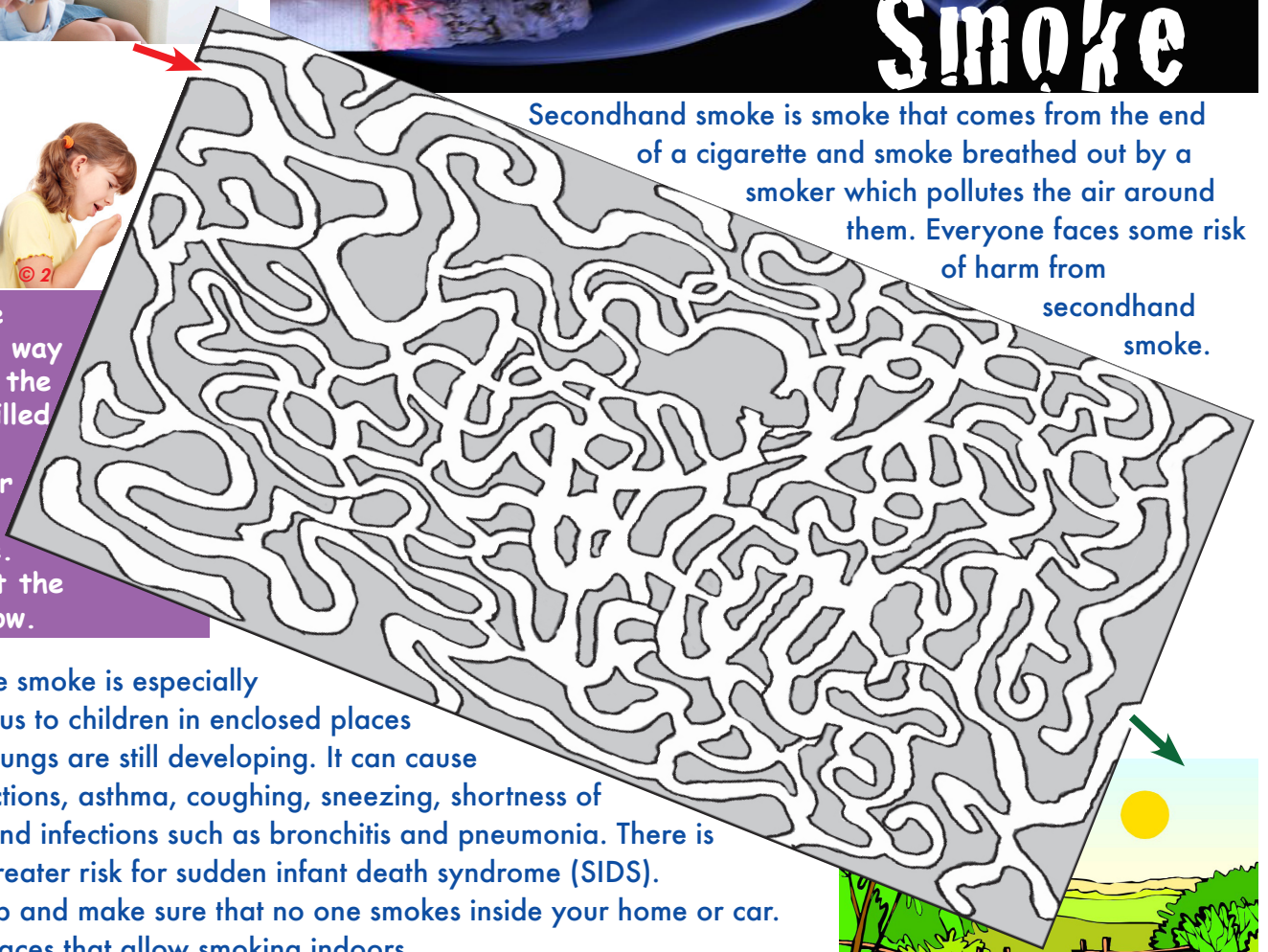




Secondhand smoke is smoke that comes from the end of a cigarette and smoke breathed out by a smoker which pollutes the air around them. Everyone faces some risk of harm from secondhand smoke.

Find the quickest way through the smoke filled room to fresh air and sunshine. Start at the red arrow.



Cigarette smoke is especially dangerous to children in enclosed places as their lungs are still developing. It can cause ear infections, asthma, coughing, sneezing, shortness of breath and infections such as bronchitis and pneumonia. There is also a greater risk for sudden infant death syndrome (SIDS). Speak up and make sure that no one smokes inside your home or car. Avoid places that allow smoking indoors.

KEEP SAFE FROM SECONDHAND SMOKE!

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http://www.dfk.com.au

L						B				
EARN 10 BONUS POINTS: Find out 2 more parts of the body that are affected by smoking. Go online to: https://www.icanquit.com.au/body/										
S 8										T 2
H 7										L 3
E 6										B 4

Smoking causes damage to all parts of the body. **Unscramble** the words on the left (the damage caused by smoking to that body part may help you). **Place** the letters in the correct boxes above, moving down and across the bottom and then across the top and down the rectangle. Coloured letters are shared between words. **Rule** a line to where that body part is found in the body. **Colour** the picture using the colour of the square with that number.

BIMSL - poor circulation due to blocked arteries and possible amputation
CHSTMOA - Ulcers and cancer
EARTH - Heart attacks, high blood pressure
YESE - Macular degeneration, blindness
NRBIA - anxiety, stress, stroke
NULSG - cancer, emphysema, asthma
ADLBRED - cancer
OTTHAR - tumours and cancer
VILRE - cancer




Cannabis is also called



What Australian State was the first to have a total indoor smoking ban in January 2006?




What date in the year is "No Tobacco Day"?





A rolled cannabis cigarette is called a


What was the theme for the 2019 No Tobacco Day?





What is the most used illegal drug?

What is the most used illegal drug?



"There are no health benefits from alcohol." True or False?




Drinking alcohol increases the risk of developing different cancers. True or False?

Drinking alcohol increases the risk of developing different cancers. True or False?

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 (for children aged 6 - 12), sign the promise and email your details (on the right) to:
webmaster@dfk.com.au
 or post this cut out section to:
**Drug Free Kids,
 c/- 32/22 Alton Road,
 COORANBONG NSW 2265**

or for NZ
**Drug Free Kids,
 PO Box 301817
 ALBANY Auckland 0752**

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.

Name of person who asked you to join DFK Club:

Signed:

Date: ____/____/____

First Name:

Surname:

I live at:

.....
 **Postcode:**

I was born on:
Day ____/ **Month** ____/ **Year** ____

HAPPY 13TH BIRTHDAY!

You can now join Drug-free Youth.

Edward H **Matilda G**

Lucas M **Gerald O**

Isaac N

We congratulate these members listed on the left who turn 13 between August & October and we pray that you will continue to have happiness, success and the courage to stay drug-free during your teenage years.

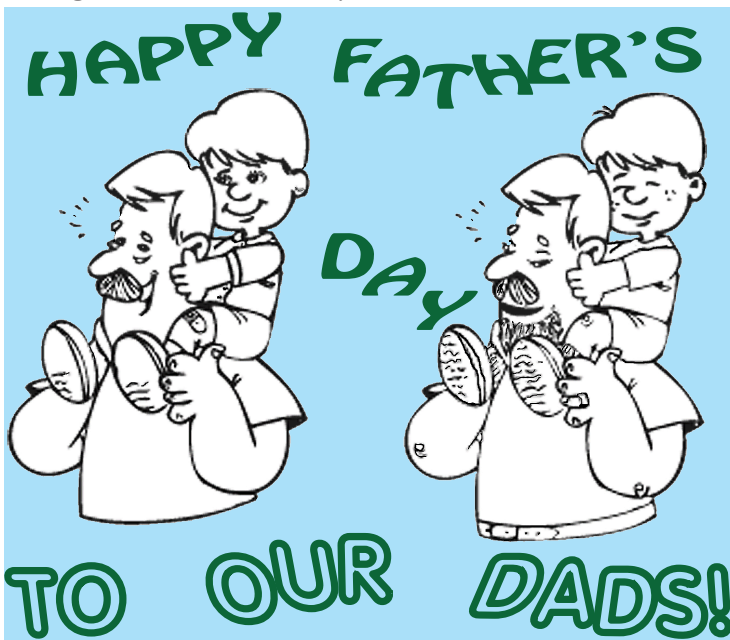
Other club members who celebrate a birthday during these months are listed on our webpage:
www.dfk.com.au/web_pages/birthdays.html
 I'm Worth It - Teens Facebook group
www.drug-freeyouth.org Page 3



Playing with "Matches"!

It is not a good idea to play with matches, as a small flame can do a lot of damage.

It is the same when people play around with drugs, alcohol or tobacco. They may be small, but can cause a lot of damage to your body, your health, your friends, family and your future. Don't play around with drugs. This card game is the one time it is okay to play with "matches". Cut out the cards. If you are able, laminate the cards and place face down on a flat surface. Then play a memory game to match the picture questions with their picture answers. You may want to play this with Dad on Father's Day. Young children can just match the pictures. Have fun and stay safe from drugs that can ruin your future!



Find the 18 differences in the picture above.
Remember your Dad on Father's Day
- September 1 -
and plan to have fun together!

- Points earned:
- Ella-Mae S - 20 bonus points
 - John W - 15 points
 - Amos W - 13 points
 - Esther W - 5 points

Don't forget to mail or email puzzles, codes, poems or your completed Fun Pages and put your name on your work to earn points for awards.



Welcome to the new DFK Club members who have moved up from Little White Ribboners!
Bartholomew C, Selah F, Zoey & Zander H, Ashlyn J, Miliana P, Amos W

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