

Use the neuron code at the top of the page to work out the coded message.

What does a brain do when it sees a friend across the street?  
It gives a brain wave.



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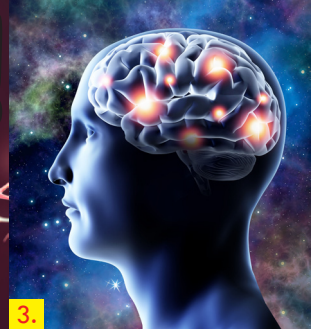
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Your brain is made of up of many brain cells called neurons.

A neuron has three main parts -

- cell body (soma) with nucleus,
- dendrites which receive signals from many other cells,
- axom which sends a signal to other cells across a synapse.

Electrical signals are passed down the neural pathways through the brain cells and transfer messages to all parts of the body.

A brain cell may become damaged by disease (eg. diabetes, alzheimers), lack of sleep or oxygen, over-eating, stress, using drugs (such as alcohol, tobacco, marijuana, etc.) or trauma (eg. injury to the head). The dendrites are the parts that are most often damaged.

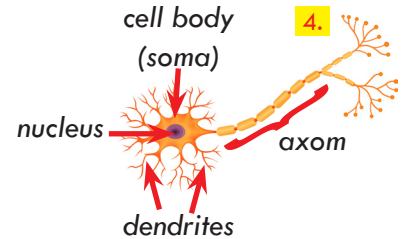
This means that the brain does not work as well as it should, as it cannot pick up the messages that are being sent to the brain cell.

We need to protect our brain in the same way that we protect our computers.

We would not think of cutting the small wires and connections on the mother board of our computer, as we know that it would stop working. We also protect our computers with anti-virus protection

to stop programs (viruses) that would destroy its ability to function. So we need to make sure that we do not put things into our body which will cut the connections in the brain. We can use the "Say No to Drugs" choice as a way to stop anything from entering our bodies which could destroy the ability of the brain to work well.

A Neuron



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

Find the red, underlined words in the Word Find above. Words may go across, down, diagonally and may be backwards. When you have found them, block out the letters, then take the left-over letters to discover a secret message with 20 words.

We wish each one of you a very blessed Christmas and pray that God will be with you as 2020 begins!

Help the shepherd to find Baby Jesus in the manger!



**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 (below) 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.

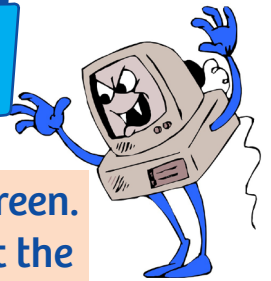
We congratulate these members listed on the left who turn 13 between August & October and we pray that you will continue to have happiness, success and the courage to stay drug-free during your teenage years.

Other club members who celebrate a birthday during these months are listed on our webpage:

[www.dfk.com.au/web\\_pages/birthdays.html](http://www.dfk.com.au/web_pages/birthdays.html)  
I'm Worth It - Teens Facebook group  
[www.drug-freeyouth.org](http://www.drug-freeyouth.org) Page 3

Naomi T  
Esther W  
Samarah P  
Samuel J  
Mikayla B  
Esther A  
Jordan T

# COMPUTER GLITCH



Find the two letters that have been attacked on each computer screen. Then use the letters to find the hidden advice. You may need to put the letters in the right order. Saying "No!" to alcohol is the best choice!

Did you enow that your brain computkr is still dkvkloping? Thk brain is not fully dkvklopkd until the agk of 21 or oldkr.

Whpn you bpcomp a tppnagr, thp brain works to crpatps good eathways or connpctions and makps surp thpy work wpll.

Right nyw, oyur brain is grywing in size - making myre brain cells and increasing the cynnectiyns between them. Oyu have yver 86 billiyn nerve cells.

Alcohol acts like a comprteu viurs carsing seveue changes to the puefuontal and fuontal lobes of the buain and to the hippocamprs.

It causes majob glitches in youb rbain ry:

- Slowing ob shutting down youb rbain's activity.

- Deletang or dastortang messiges between the cells.
- Dimigang nerve connectaons.

- Mennisg up the wirisg is the brais which cas lead to alcohol depesdesce or addictios.

Other bmd effects include:

- Not being mble to plmn, amke decisions or process whmt needs to be done.

- Having a poot memoty.
- Nor being able ro pay arrenrion - easily disrtacted.
- Poot school wotk.

**Drinking alcohol knocks out the neural pathways, like a virus knocks out a computer!**

Hidden Advice

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_!

Welcome to the new DFK Club members from State updates: Giles & Heidi H, Hannah C, Lemeki N.

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.

Images @www.123rf.com  
 1 & 4. /profile\_tigatelu  
 2. /profile\_rosi9  
 3. /profile\_natalia0103  
 5. /profile\_vladischern



Why didn't the brain want to take a bath?

