

COOL KIDS

AGE 9 - 12



NOT FOR SALE

This booklet is intended for 9 – 12 year olds. Talk to your parent or other trusted adult about any questions you have.

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ALCOHOL

Alcohol is a drug contained in drinks such as wine, beer, and spirits. These include traditional drinks like chang'aa, busaa, mnazi, muratina, karubu, etc.



WHAT DOES ALCOHOL DO?



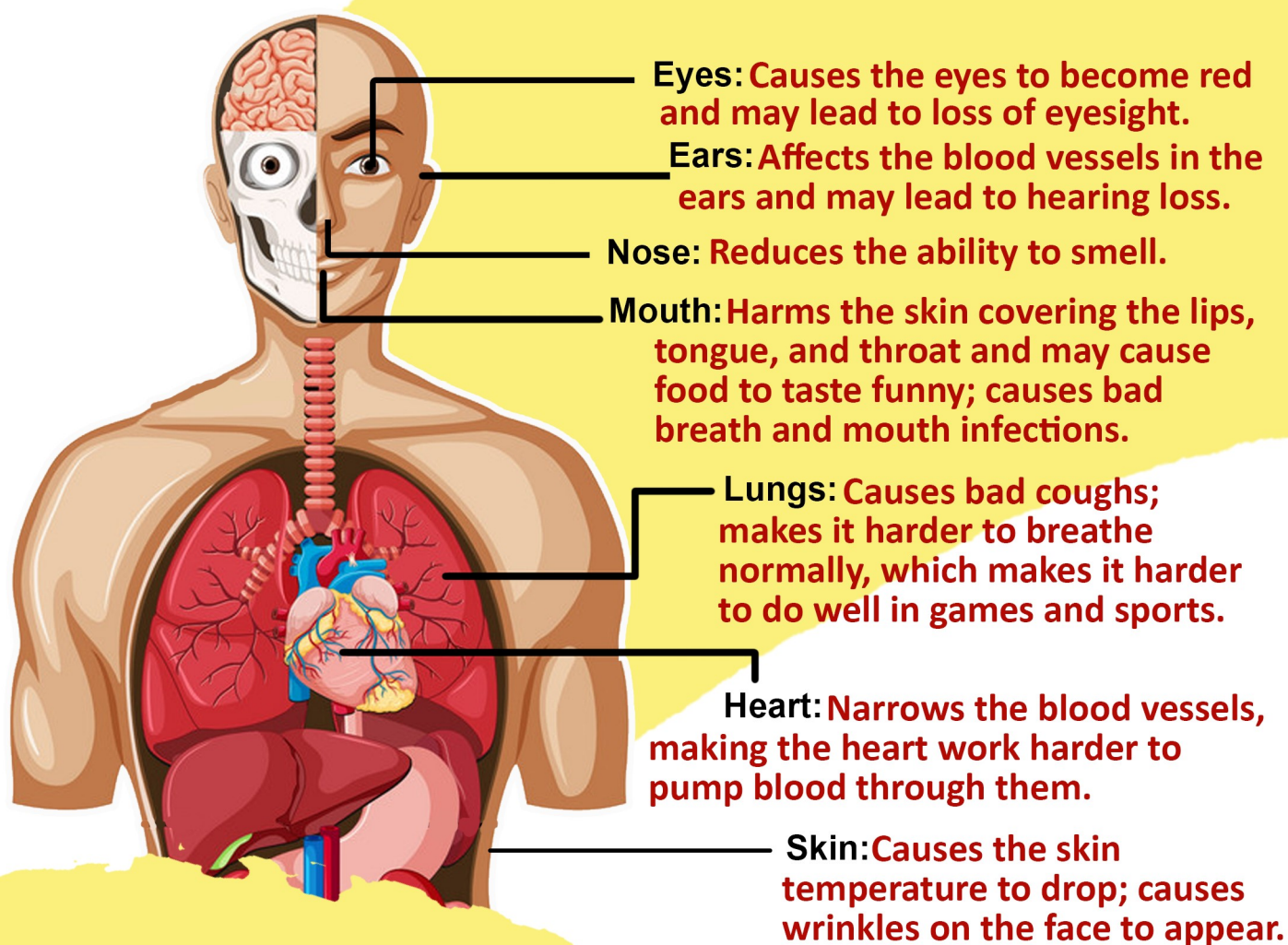
- Slows down the ability to think clearly and can cause people to make poor decisions;

- Slows down other areas of the brain and nervous system;

- Causes bad breath;
- Causes dizziness;
- Decreases coordination e.g. staggering;
- Decreases reaction time;
- Makes it harder to speak, walk, and stay awake;
- Causes some people to pass out or temporarily lose their memory.

TOBACCO

Tobacco is a drug contained in products such as cigarettes, shisha, kuber, pouches and e-cigarettes. Breathing in smoke from cigarettes that other people are smoking (second hand/passive smoking) can also harm non-users. It affects all parts of the body.



WHAT HAPPENS WHEN YOU USE ALCOHOL OR DRUGS?

It changes how the brain works and makes you not think clearly and make bad decisions e.g. become violent and disrespectful.

IS IT OK FOR ADULTS TO USE ALCOHOL AND DRUGS?

Adults can make their own decisions but sometimes those decisions are not the best for their bodies. Just because an adult does it does not mean it is good.



MISUSE OF MEDICINE

This refers to use of medicines in a way other than prescribed by the doctor or using medicine when you are not sick.

Misuse of medicines can cause a number of problems including:

- Decrease or increase in breathing rate which can lead to death;
- Brain damage;
- Nausea and vomiting;
- Poor sleep habits;
- Poor eating habits;
- Lead to accidents;
- Convulsions/seizures.



BE A **COOL KID**

- ✓ Choose to eat food and have drinks that are healthy.
- ✓ Only take medicines from your parents as prescribed by a medical doctor.
- ✓ Do not take any medicines from strangers.
- ✓ Do not share your medicines with others.
- ✓ Do not use other people's medicines even if you have a similar illness.
- ✓ Tell others about the dangers of smoking and drinking alcohol.
- ✓ Avoid being in the same place with people who are smoking.



MEDIA ADVERTISEMENT



Adverts do not tell you truth about effects of the products on your body. Alcohol companies advertising their products are only interested in increasing their profits.

Many advertisements do not tell the negative effects of their products but make them appear very attractive so as to convince people to buy the products.

COOL FRIENDS HELP EACH OTHER

Think you or your friend has an alcohol or drug problem?
Do not wait – get help. Talk to a parent, teacher, or adult you
trust. You can also call our helpline 1192 to speak to a
counsellor free of charge.



HOW WELL DO YOU KNOW YOURSELF?

Knowing, accepting and loving yourself is important because you are more likely to be happy and make healthy decisions like avoiding alcohol and drug use.

Here are some activities to think through who you are and how you can improve yourself.

1. Describe yourself as you are now and as you would like to be using three adjectives or three phrases for each situation. Share this with your parent, guardian or teacher.

DESCRIBE YOURSELF

Myself now	Myself as I would like to be
WITH FRIENDS	
AT SCHOOL	
AT HOME	

STRENGTHS & WEAKNESSES


2. List your strengths and weakness. (This is about yourself not the subjects you study)

MY STRENGTHS	MY WEAKNESSES
1.	
2.	
3.	
4.	
5.	



SELF IMPROVEMENT

List five things about yourself that you would like to change. Rate how important it is to you to change each one. Now work on how to change them. Remember little changes are easier to make over time. Share with your parent, guardian or teacher.



WHAT CAN I CHANGE? THINGS TO CHANGE	RATE YOUR DESIRE TO CHANGE		
	HIGH	AVERAGE	LOW
1.			
2.			
3.			
4.			
5.			
6.			

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