Nicotine is a chemical that is found in cigarettes and other tobacco products. Smoking cigarettes is very bad for you. It is not healthy for your body or your brain.

Alcohol is found in drinks like beer and wine. Children are not allowed to drink alcohol. Adults can drink alcohol but not too much, or it can hurt them.
Aspirin and Tylenol can help some aches and pains go away. Children should only take aspirin and Tylenol if they are given by a parent or a doctor.

Antibiotics are medicines that kill bacteria in the body. A doctor will give antibiotics for illnesses like an ear infection or strep throat.
Trusted Adults

Take medicine only from people you know and trust.

Protect Your Brain

Word Bank

BETH  EXERCISE  MAX
BODY  JUAN  SAFETY
BRAIN  JULIA  SLEEP
CORTY
Fluoride is very important for children to use. It makes children’s teeth strong. Fluoride is found in toothpaste, mouthwash, and even in the water you drink.

Immunizations can also be called vaccinations, inoculations, or “baby shots.” Immunizations help the body fight off bad germs that can cause a person to get sick. Children are safe from diseases like measles and mumps because of these medicines.