

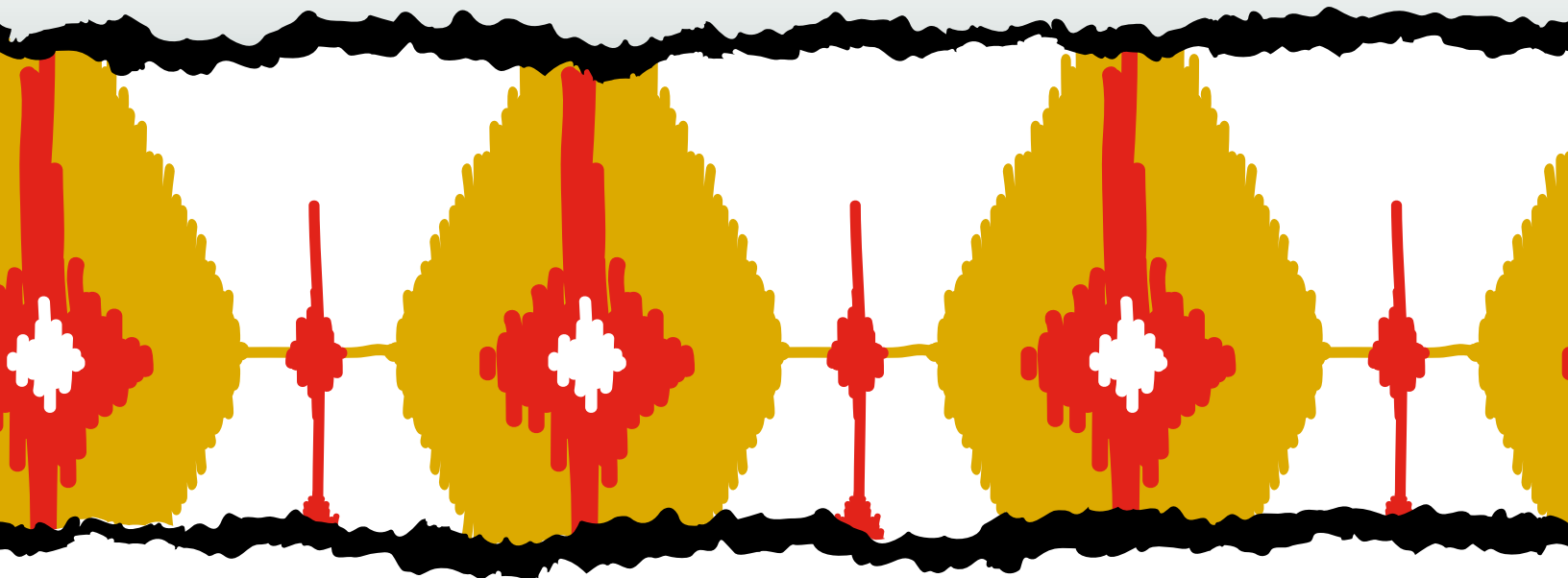
LIVING HEALTHY AND DRUG-FREE  
THROUGH THE  
SEVEN SACRED TEACHINGS

**LIVE YOUR  
NO**





Live your NO is about staying on the right path and refusing alcohol and other drugs. The Seven Sacred Teachings help you LIVE your NO every day. This activity book can help you find ways to say NO so you can stay healthy, alcohol and drug-free!



tribal community  
PREVENTION

Find your local Prevention Coordinator and learn more at:  
[www.prevention.nd.gov](http://www.prevention.nd.gov)



# WISDOM

You are an important part of your community. To build a strong community, every one of us must use the gifts we have received. Not using the gifts that have been given to you weakens your spirit, but using your gifts in ways that promote wellness for yourself and your family create a healthy community!

**The gifts given to me are:**

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**I will use these gifts to better myself, my family, and my community by:**

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**and through this promise.**

## Promise to Be Alcohol- and Drug-Free!

I pledge allegiance to myself and who I want to be  
'Cause I can make my dreams come true if I believe in me.

I pledge to stay in school and learn the things I need to know  
To make the world a better place for kids like me to grow.

I pledge to keep my dreams alive and be all that I can be  
And that's because I pledge to stay Alcohol- and Drug-Free!

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MY NAME

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MY SCHOOL/COMMUNITY



# LOVE

To know love is to know peace. Love is based on affection, respect and kindness. Love cannot be demanded, it must be earned and given freely from the goodness of the heart.

**People I love the most**

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**People who love me the most**

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# RESPECT

Respect yourself, everyone, and all the things that are created. Make healthy choices for yourself and encourage your friends to make healthy choices too! FIND YOUR FUN and word search for healthy activities you and your friends can do!

(HINT: Words may appear across, down, diagonally, forward, or backwards)

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

**Basketball**

**Bicycle**

**Crafts**

**Dance**

**Drawing**

**Drumming**

**Fishing**

**Hide and Seek**

**Movies**

**Music**

**Poetry**

**Reading**

**Riding Horse**

**Skate**

**Swim**

**Video Game**

**Writing**



# BRAVERY

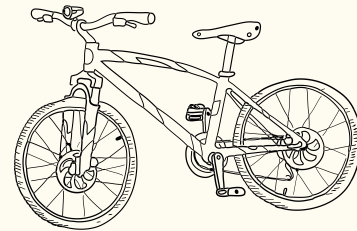
Bravery means standing up for what you believe in, even in difficult situations. It also means overcoming fears that prevent us from living our true spirit. Sometimes it's hard to say NO to alcohol and drugs especially when it's to your friends. Fill in the missing blanks to learn ways to say NO.

1. Let's go ride our \_\_\_\_\_ instead!
2. I have basketball \_\_\_\_\_ tomorrow.
3. No way! If I do that, I would get \_\_\_\_\_ for weeks.
4. My \_\_\_\_\_ would be disappointed.
5. That stuff is \_\_\_\_\_ !
6. I'd get \_\_\_\_\_ the team if I was caught with this stuff.
7. I made a \_\_\_\_\_ that I wouldn't use alcohol or drugs.
8. I \_\_\_\_\_ myself too much to use alcohol and drugs.

grounded



kicked off



nasty

family

respect

practice



promise

family

# HONESTY

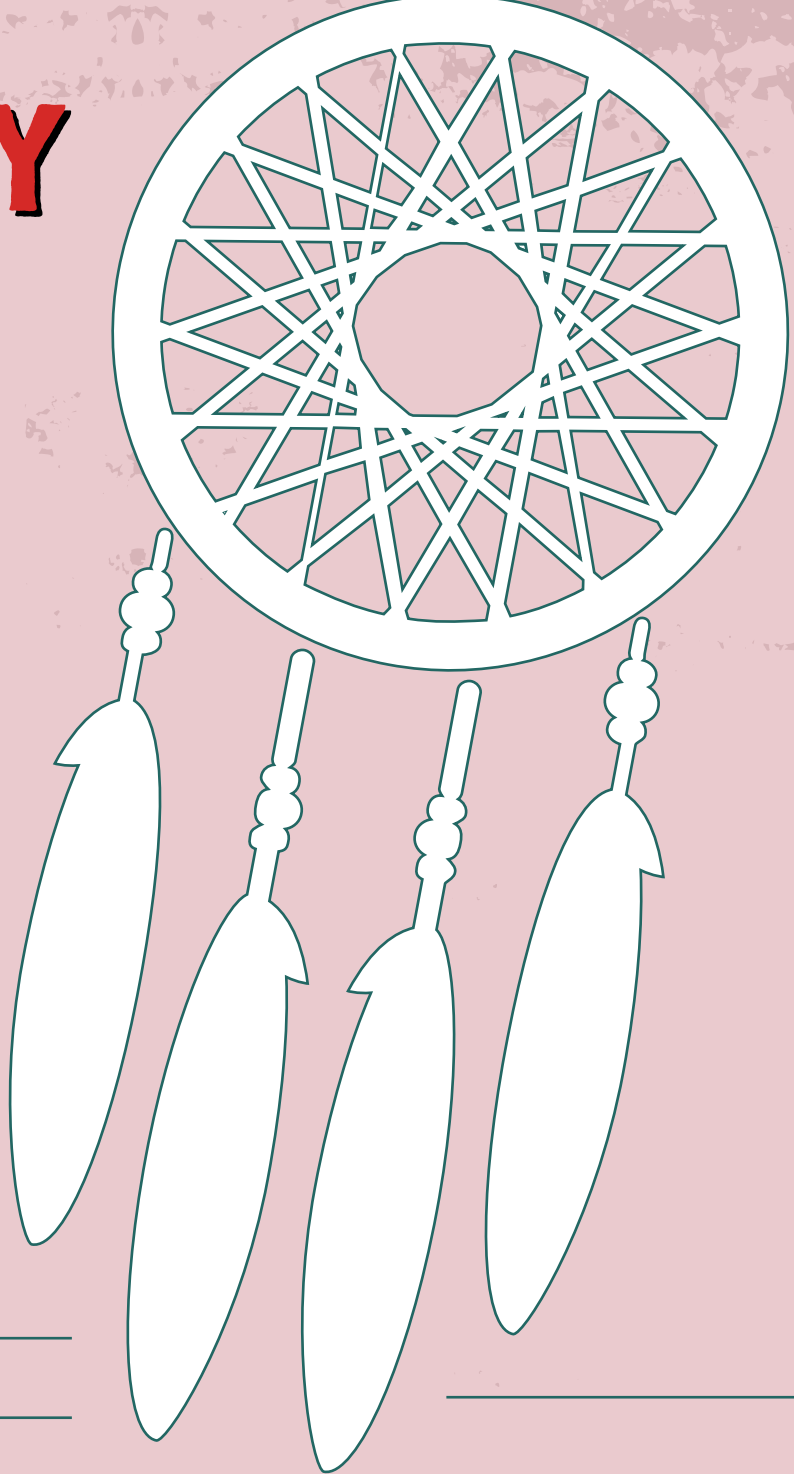
Honesty is speaking and acting truthfully. Actions such as being true to our spirit and accepting who we are will guide us in being honest. Always be yourself, live true to your spirit, and accept the way the Creator made you.

Be yourself and don't let anyone pressure you to be anything else! Make your own footprints and create your own path. Think of positive qualities about yourself (and things you want to be better at) and write them here.

# HUMILITY

Everyone is equal, no better or no less. Humility is considering others before ourselves. See yourself as a sacred part of the creation.

Alcohol and drugs get in the way of achieving our dreams and the dreams of friends and family. It destroys culture and community. Apply your protective instincts and protect your dreams and the dreams of those you care about!



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**Dreamcatchers filter out all of the BAD dreams so only GOOD dreams come through.**

**What are YOUR goals or dreams? Write your goals by the hanging feathers.**

**Think of all of the ways alcohol and drugs can prevent you from reaching your goals and put them inside of the dreamcatcher and protect your dreams!**

**Help your friends and family protect their dreams too!**



# TRUTH

Being TRUE to YOU and those around you means staying away from alcohol and drugs because it will destroy your spirit. How do you stay true to yourself? Write it down and then use the key provided to decode how to live your TRUTH.

I stay TRUE to myself by:

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Decode the message on how to live your TRUTH.

## KEY

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



Translate each sacred teaching into the language spoken by your ancestors...

**WISDOM**

**LOVE**

**RESPECT**

**BRAVERY**

**HONESTY**

**HUMILITY**

**TRUTH**

I will LIVE my NO through the

# Seven Sacred Teachings

Name \_\_\_\_\_



tribal community  
PREVENTION



FOR ADDITIONAL COPIES CONTACT:

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NORTH DAKOTA   
**PREVENTION**  
RESOURCE & MEDIA CENTER