



CAMP CHALLENGE

Creative Activities for Meaningful Prevention

Little children are very curious and they try to eat everything they pick-up. As we grow we learn that not everything is safe to put in our mouths.

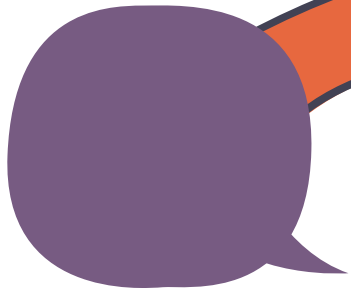
Below you'll find a list of objects. If a word on the list is an object you can put in your mouth, draw a picture of that object in the huge mouth. If the word is an object you cannot put in your mouth, cross it out.



- | | |
|-----------------------|-------------------------|
| a baseball | glass cleaner |
| an apple | rocks |
| candy from a stranger | a quarter |
| water | milk |
| paper | carrots |
| bread | ice cream |
| beer | soap |
| broccoli | medicine my mom gave me |

WHAT IS A DRUG?

A drug is any substance that changes the way your brain and body work. Are all drugs bad for you? NO! Medicines are drugs that heal or help us feel better. However, even medicine can be bad for you, if you don't know how to keep yourself safe.



Talk about medication safety with your family

Play the Pill or Candy game

First Name: _____

Pick-up Site: _____

Write down all the decisions you make in one day

Request a medication lock box

Watch Prevention in Pajamas video

Request a medication disposal bag

Parents - make sure all medication are stored safely

PILL OR CANDY?
Medications often look like candy and may even taste like candy, but medicine is NOT candy. **Can you tell the difference between them?**

Visit cocaberks.org/summercamp to play the "Pill or Candy" game!

As we grow older, friends might pressure us to do things like share medication, drink alcohol or disobey our parents. It is easier to make healthy choices if you know how to make good decisions. Remember before making any decision, STOP and THINK!

Learn more about decision making at cocaberks.org/summercamp

WHAT DOES IT MEAN TO MISUSE MEDICATION?

Misusing medication means using a medication in a way it is not meant to be used.

Ways people misuse medication:

1. Taking medication not prescribed to them
2. Taking more medication than directed
3. Sharing medications with others
4. Taking the medication when they do not need it.

How to Play



1. Color in a game tile after completing a challenge. Challenges can be completed by children, parents/guardian or the entire family.
2. Take a picture of your completed board and share it in a Facebook post (be sure it's public so we can see it!) before July 31, 2020.
3. Then tag your pick-up site and @COCABerks with the hashtag #COCACampChallenge.

Email to AKline@cocaberks.org if you don't have Facebook.

The pick-up location with the most entries will get a pizza party!

First Name: _____

Pick-up Site: _____